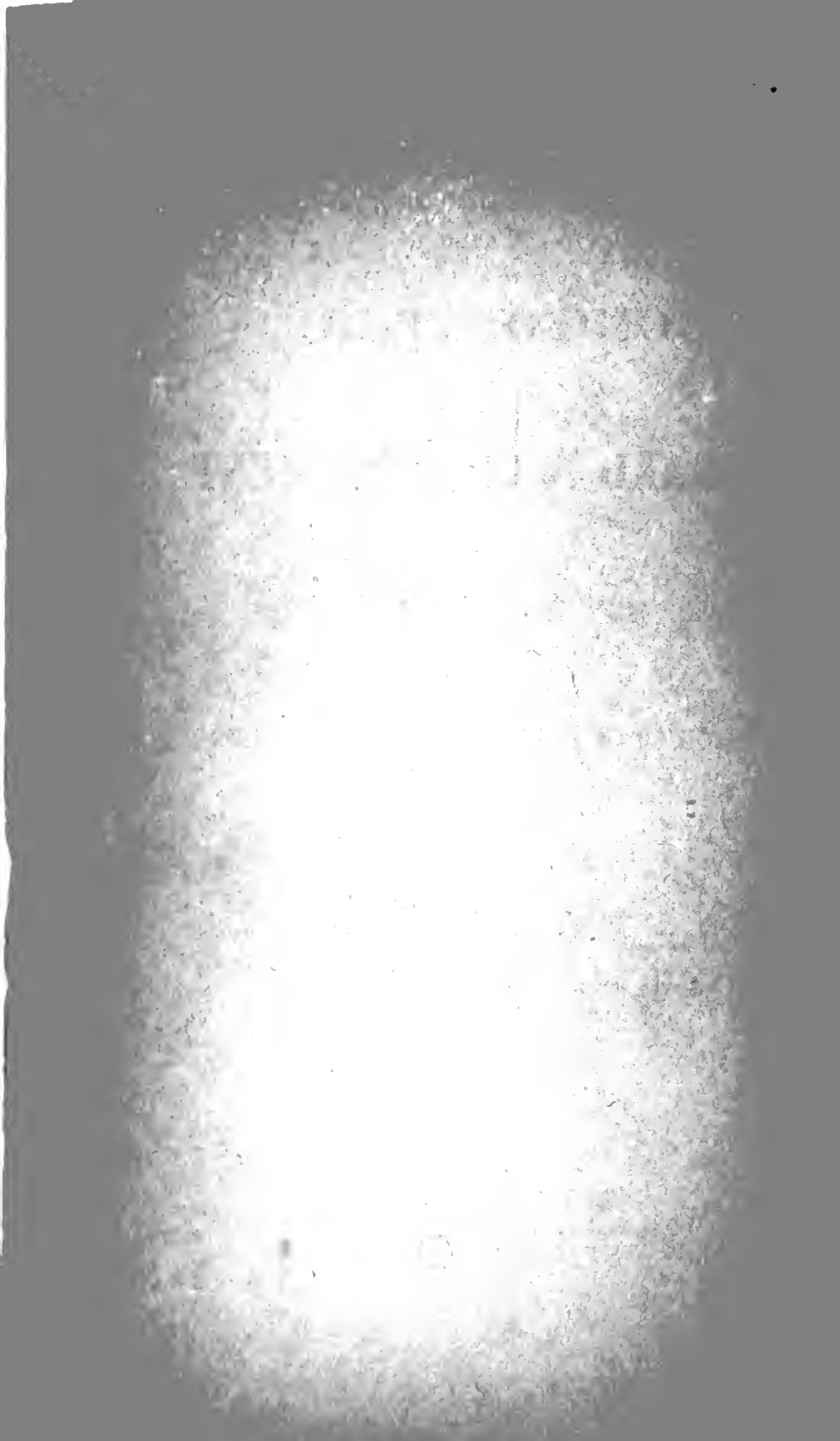


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*"Do not counteract the living principle."*—Emperor Napoleon I. to his physicians.

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# HOMŒOPATHIC

## HOME AND SELF TREATMENT

### OF DISEASE.

FOR THE USE OF FAMILIES AND TRAVELLERS.

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BY CHARLES WOODHOUSE, A. M., M. D.

LATE LECTURER ON MEDICAL JURISPRUDENCE AND INSANITY, HAHN-  
EMANN MEDICAL COLLEGE, CHICAGO, ILL.

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## THE AUTHOR TO THE READER.

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DEAR FRIEND :—The author of this book, after a long, successful, and varied practice of medicine, desires to place in the hands of families and individuals, a reliable guide to Home and Self-Treatment of disease, whereby those who consult these pages with care, will be able to become their own physicians in cases of emergency, and, indeed, in many of the common forms of sickness.

Many persons must or will doctor themselves, more or less, from various considerations, and there seems to be no good reason why they should not, if they will take the pains to get instruction in this important matter. There are times, indeed, when a doctor cannot easily be obtained, and when a little medicine, carefully chosen and promptly used, will save, not only a long sickness and great expense, but even life itself. It is a good policy to meet disease at the threshold of its invasion, and in nothing is the time-honored adage more applicable than in sickness, that “*a stitch in time saves nine.*”

Books on Domestic Practice may aid the people very much in so doing, and those which most briefly and best describe the various forms of disease, and point out the safest and most appropriate remedies, will best supply this popular necessity. A book for this purpose should be written in common language, and not to display the learning of the author, or his ability to use a long list of hard, technical words. The people, too, want practical

information, not speculative theories, on which doctors can quarrel at their leisure.

Homœopathy, as a medical system, is admirably adapted to popular use, and, especially, is adapted to meet the wants of the family, and there is no doubt but much of its great and increasing popularity comes from its successful domestic employment. Families who have their Homœopathic book and case of medicine, best know, too, the value of the Homœopathic physician, and while they never really stand in the way of his business, they often aid him in its extension. It is not to under-rate the physician that this book is sent out into the world, and we would by no means have it understood, as a claim we set forth, that this book will, in all cases, enable those who use it, to dispense with the aid of the doctor. But it may often suggest the importance of seasonably calling upon him, while, under the directions here given, the treatment of disease can be commenced at once, and without dangerous delay, and should the case prove a difficult, or complicated one, the need of the doctor will be seen, and his services appreciated; nor will any honorable and high minded doctor, who is master of his business, fear the effect of this book in the hands of his patrons. If a book like this supplants him, the people, of course, can do without him, until he can do more for them than they can themselves.

The author deems it proper to say, that while he has aimed to write in plain language, and use such terms as may easily be comprehended, the more this book is read and studied, the more useful it will prove. He has tried not to use one unnecessary word. The book is small, but he could have more easily made it much larger.

In the directions we have given, we have said nothing

to be overlooked or neglected. We insist on great attention being paid to diet, ventilation, and cleanliness of the whole body, and of clothing for the body and the bed. "Cleanliness is next to Godliness."

In taking care of the sick, the well qualified nurse oftentimes does as much good as the doctor, and for the reasons that the good nurse obeys orders, and looks after the comfort of the patient in various ways, particularly by keeping the patient clean, the air in the room pure, the bed properly adjusted, everything quiet about the sufferer, and by giving the medicine faithfully and as directed. Furthermore, the care of the sick often requires of the sublime virtue of Patience her perfect work, as well as efficient aid. The latter qualification the author hopes these pages may, in a good degree, contribute to furnish to those who may be charged with this important duty, and who will take the pains to possess themselves of the things he has written for their profit and the profit of those whom they love, or for whom they care.

But it may be asked, "Are there not, already, enough books of this kind, without yours?" Our answer is,—We think we have made some important improvements in this book, by more simple descriptions of disease, by naming fewer remedies, thereby saving the reader much perplexity, and that, especially, in the treatment of Fevers, the practice we give, is somewhat peculiar, and as yet, has never failed of being, in our hands, successful.

We call particular attention to our treatment of spotted fever, as worthy the attention of the people, and also of medical men,

## ADVANTAGES OF THE HOMŒOPATHIC SYSTEM OF PRACTICE OVER ALL OTHERS.

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1. It is harmless. The medicines Homœopaths employ, as prepared for use, will never cause death or injury, even when taken by accident, or in an over dose. But it is well known that many persons are permanently injured by the use of large doses of poisonous drugs, such as are used in other systems, and it is undeniable that even death has been caused by them. Not so with Homœopathic remedies, as prepared for use. Look at the testimony of the old school on this point: "The science of medicine is a barbarous jargon, and the effect of our medicines on the human system are, in the highest degree, uncertain; except, indeed, that they have already destroyed more lives than war, pestilence, and famine combined."—DR. GOOD.

2. Homœopathic remedies, powerless for harm, are powerful for good, when properly used. The proof of this is seen not only in the great success which attends their use in the more common diseases, but in such life-destroying and terrible scourges as malignant Diphtheria, Cholera, Small Pox, and Spotted and Yellow Fevers, and in the longer lives of Homœopaths, a fact which has led to the formation of Life Insurance Companies with cheaper rates for Homœopaths, than others.

3. Homœopathy, using only small and harmless doses of medicine, never interferes with Nature's beneficent,



self-healing forces, as is the case with other medical systems. This is a great, though negative, merit. Nature, left to herself, or with little aid, will often throw off disease, and medicine should have the effect to AID NATURE, and not to hinder and clog the efforts of this Great Physician; otherwise it may do more harm than good, in that a double task may be imposed upon the vital powers of the patient, as they must not only resist the disease, but the evil effects of massive doses of poisonous drugs, more dangerous, frequently, than disease itself. "The living principle is counteracted."

4. Homœopathic medicine is put up in a neat and portable shape, and is easily and at all times conveniently administered, at home or abroad, by night or day. The traveller can easily carry his book and case, and be prepared in time of need.

5. Homœopathic medicine is pleasant to take. Little children, and even babes, readily take it, without complaint, or resort to force, stratagem or falsehood. A great advantage over the nauseous dye-stuff and disgusting potations of other systems.

6. Homœopathy saves its friends from being victimized by the nostrum pedler and patent medicine humbugs and cure-alls of the day. Many, disgusted with the ill success and evils of old Regularism in medicine, turn their attention to the medical Almanac and Newspaper advertisements of medicines to cure all the ills of life, and spend hundreds of dollars on these costly and often worse than useless compounds.

7. Homœopathic treatment, even in long and protracted cases, never leaves, as its results, the system broken down and permanently debilitated, as is often the case with those who have been subjected to harsher

treatment. It is well known that the effects of massive doses of poisons may remain, as a source of pain and annoyance, a long time in the system, even to the end of a life of suffering.

8. The most common uses and benefits of Homœopathic medicine may be easily learned, and the intelligent mother, in many cases, can as well take the medical charge of her family, as she can conduct its domestic arrangements, especially if she learns the great lesson of watching carefully for the first approach of sickness, and begins its treatment early. To families far removed from settlements, as on our western frontiers, to sailors, emigrants and travellers, even a little knowledge in the use of these mild but potent remedies, with a case of them well selected, may often prove of the greatest value, and supply, as nothing else can, efficient help, when help is greatly needed.

9. Homœopathic remedies reach many cases, thought to be incurable, in the treating of which by other modes, vast sufferings have been endured, years have been lost, and fortunes spent. The warmest advocates of this system are those of this class, who know its worth in their own experience.

## A SHORT CATECHISM ON HOMŒOPATHY.

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*What is Homœopathy?* A system of medicine based on the law of *similia*, or that *like cures like*. Homœopathy comes from two Greek words, meaning “like” and “suffering.”

*Who first discovered this law?* This is not known. But Samuel Hahnemann, a learned and conscientious German Physician, became convinced of its reality, about the year 1790.

*How did this happen?* He was engaged in translating Cullen’s *Materia Medica*—(an English work)—into German, and he was struck with the contradictory properties ascribed to Peruvian Bark in this work, and the various explanations given of its operation in Intermittent Fevers. Not satisfied with these, he tried the medicine in large doses upon himself, while he was in health, and discovered that he was affected as were the sick with Ague and Fever. The fact that this drug produced on one in health, the very same kind of symptoms it was used to cure, immediately suggested to his mind, the law that like cures like, which is the corner stone of Homœopathy.

*Did he stop his experiments with this test?* No. He diligently experimented with many other drugs, not only upon himself, but his friends and children, and this at the cost of personal health and comfort.

*Did these experiments confirm his theory?* Yes, fully and in the most satisfactory manner, as have many other

trials or “provings” since made by Homœopaths in various parts of the world.

*After these careful provings, what course did Hahnemann take?* He applied this law in the treatment of the sick, particularly in the case of the patients in the Insane Asylum at Georgenthal, over which he was appointed to preside, by the Duke of Saxe Coburg, Gotha, and with gratifying success.

*What effect had this successful and practical experiment upon him?* It led him to practice on this system, in various places of note, where he performed many remarkable cures, and he was induced to publish his views to the world.

*Why did Hahnemann adopt the small dose of medicine in treating the sick?* Because he found by experience, that if the right medicine was selected, and properly prepared and used, only small doses were needed, and that the small dose, often acted better than the larger, without producing any unpleasant or fatal consequences.

*Has the size of the dose anything to do, really, with the question of the truth of Homœopathy?* No. Homœopathists now, as heretofore, use the size of dose which they have reason to believe is best in any given case.

*What is meant by a properly prepared medicine?* A medicine that is not adulterated or mixed with other medicines, and which has been very finely divided or attenuated, so that its particles become very numerous as well as very minute.

*What is gained by this mode of preparing medicine?* It is believed the medicine is more efficient when thus subdivided. Gross matter is susceptible of very minute divisions, and the more divisions we make in a drug, the

more surface there is to act on the living tissues and nerves of the body.

*Does experience prove that very attenuated matter may affect most sensibly, the human system?* Yes, the poison of malaria has never yet been seen or handled, though its effects are often shown in the prostration of whole neighborhoods with the disease it produces. A very small particle of vaccine virus, if introduced under the skin, so as to come in contact with the blood, will permeate and affect the whole body, and protect it against small pox.

*How are Homœopathic medicines prepared for use?* By being diffused in alcohol, which makes the tinctures with which pure sugar pellets, or pills, are medicated, or by being ground up in pure sugar of milk, which is called a trituration. Sometimes pure water is used.

*Why do Homœopaths use Alcohol, Water, pure Sugar, and Sugar of Milk with which to put up their medicines?* Because they furnish very convenient vehicles to hold or contain their remedies, and are not medicinal themselves, and consequently cannot change or modify the action of the medicines they contain.

*How were Hahnemann's views, when first published, received?* As has been generally the case with those of the greatest and best reformers who have labored to bless the world,—with ridicule and contempt.

*Who were his principal opponents?* The doctors and apothecaries, doubtless because their selfish interests were in danger from the new system.

*What incident in New Testament history does this fact remind you of?* The treatment of the apostle Paul, who preached against idolatry in the city of Ephesus, by the interested silversmiths who made shrines for the Goddess

Diana, whereby they had their wealth, as recorded in the 19th chapter of Acts.

*In what manner did Hahnemann's enemies treat him in the city of Leipsic?* His great success in this city, led to a combination among the apothecaries to drive him away, which they did, by reviving an old law whereby physicians could not dispense their own medicines; a practice Hahnemann had always pursued, and which, on account of the opposition and interest of his enemies, he was unwilling to relinquish.

*Has Leipsic ever atoned for this act?* Yes, by since erecting a statue to his memory in one of the public squares of the city.

*Did this opposition to Hahnemann have the effect its authors desired?* No. "Truth is mighty and will prevail," for notwithstanding all that interested parties could do to hinder, Homœopathy gradually spread over Europe, and is now adopted by millions of the most intelligent people in the Eastern and Western continents.

*Where and when was Hahnemann born?* In Meissen, Saxony, April 10, 1755.

*Where and when did he die?* In the city of Paris, surrounded by friends and crowned with well deserved honors, July 3, 1843, at the ripe old age of 88 years.

*How does Homœopathy stand in the United States?* In the highest degree satisfactory to its friends. Thousands of families use no other medicines. Free Homœopathic dispensaries for the poor and necessitous are established, by the liberality of Homœopaths, in most of our large cities; Homœopathic physicians are found in most of our important towns; and there are several regularly chartered medical colleges, each having an able faculty, and in prosperous circumstances, where its principles are

taught to candidates for medical honors. There are also several quarterly and monthly journals devoted to its interests.

*For what are the Homœopathic people in this country distinguished?* For intelligence, as well as a high social position.

*Who oppose Homœopathy?* Doubtless, many among the people, from a want of knowledge concerning it, think it a very absurd system, but the great brunt of opposition it has to encounter, comes from the interested partizans of other schools of medicine.

*Have any doctors educated in other schools of medicine become Homœopaths?* Yes, in large numbers, and they give their testimony to its vast superiority over their former practice.



STATUE OF HAHNEMANN.

## TABLE OF MEDICINES RECOMMENDED IN THIS BOOK.

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Name and abbreviations in SMALL CAPITALS; history, uses, and common names, in common type; antidotes in *italic* letters.

1. ACONITUM NAPELLUS.—AC. Aconite. Monkshood. Large Blue Wolfsbane. The leaves and roots made into a tincture for use. Grows all over Europe, and is cultivated in gardens. The best is obtained from the summits of high mountains. We place this remedy at the head of our list, as it is one of the most important of all this work recommends. It is useful in almost every form of fever, inflammation or congestion. It will often prove useful when other remedies fail, as in obstinate headache, neuralgia, toothache, and earache. In chronic affections of the heart, attended with pain in that region, with difficulty of breathing and stitches in the chest, it often proves of great service. *Camphor, Nux Vomica, Vinegar.*


2. ACIDUM NITRICUM.—AC. NI. Nitric Acid. Aqua Fortis. Useful in sore throat and cankered mouth, low fevers, cold, clammy, sour and offensive sweats. *Vegetable Charcoal, Camphor.*

3. ANTIMONIUM CRUDUM.—ANT. CRU. Crude Antimony. This mineral is very valuable as a medicine when used Homœopathically, as in gastric fevers, sickness at the stomach, cholera morbus, headache from hot sun, vomiting, and intermittent fevers. *Mercurius.*



4. **APIS MELLIFICA.**—**APIS. MEL.** The poison of the honey bee. This is best obtained by catching the bee alive and immediately cutting off the posterior part, which contains the poison sack, which can then easily be triturated in sugar of milk, or made into an alcoholic tincture. This is a medicine of great value in cases of dropsy, either local or general, suppressed urine, and in all eruptions upon the skin, especially if they resemble those caused by the sting of bees or other insects. It is of great value in most forms of heart disease, especially functional, and if attended with loss of memory and palpitation. *Arsenicum, Cantharides.*

5. **ARNICA MONTANA.**—**ARN.** Arnica. Leopardbane. This highly useful plant grows in Central Europe on high mountains and in elevated pastures. The flowers, leaves and roots make a very valuable tincture, which, diluted with water, constitutes a now well known and highly useful external application for bruises and swellings, false pleurisy, miscarriage, and rheumatism. Internally it is useful for general soreness, as though the whole body had been beaten, foul breath, inflammation of the stomach and bowels, and for falling of the womb. *Camphor, Ipecac.*

 Every family should keep a bottle of Arnica tincture on hand. It is easily made. Buy the flowers of the druggist, nearly fill a bottle, and fill with 50 per cent. alcohol. In a few days it is fit for use.

6. **ARSENICUM ALBUM.**—**ARS. AL.** White Arsenic. This well known poison, when prepared for Homœopathic use, by being triturated in sugar of milk, (and as but an exceedingly small quantity is used in a dose,) has been found to possess a wide range of action in the field of disease, and is now regarded from long and varied em-

ployment, as one of our most valuable remedies. In low fevers it possesses great curative powers. In spinal disease, dropsy of the ovaries, indigestion, dyspepsia, scald-head, heart diseases, and cancers, it is of great value, as also, in inflammations, generally, and wherever located. *Iron filings, Nux Vomica.*

7. AURUM METALLICUM.—AU. MET. Pure Gold. Prepared by trituration for medicine, is found useful in melancholy, palpitation of the heart, scrofula, foul breath, foul stomach, from, particularly, the excessive use of mercury, and also for involuntary night emissions. *Belladonna, China, Metallic Copper, Mercurius.*

8. BELLADONNA.—BELL. Deadly Nightshade. This is an European plant, and grows in hilly regions and on the borders of forests. Its tincture, after being brought to the desired potency, is used to medicate sugar of milk, or sugar globules, for convenient administration. Belladonna, is so often used by Homœopathic families and patients that it has become, or rather its abbreviation, “Bell,” a household word. Like Aconite and Arsenicum, it has a very wide range of action, and in nearly all kinds of headache, or in diseases in which headache is a prominent symptom, is of priceless value. In scarlet fever it is of greatest value. In congestion of the brain and diseases tending to insanity, it is of great service in mitigating and dissipating these fearful symptoms. In the so-called “spotted fever,” it is of great use, as the author knows from having employed it in treating many scores of patients struck down with this fearful and destructive malady, and with unvarying success. In paralysis, weak eyes, spinal irritation, small pox, whooping cough, erysipelas, and many other complaints its importance is undoubted. *Opium, Camphor, Coffee.*

9. **BRYONIA ALBA.**—**BRY.** White Bryony. Wild Hops. This plant grows about hedges in Germany. A tincture is made from the root. This is a fever remedy, and may be used, after Aconite has been administered for a few days, in lung and typhoid fevers. The treatment of these fevers might, also, be commenced with Bryony. Bryony is a rheumatic remedy of great efficacy, and renders good service in treating measles, congestion of the bowels, common colds, coughs, constipation and jaundice. *Camphor, Coffee, Rhus. Tox.*

10. **CALCAREA CARBONICA.**—**CAL. CAR.** Carbonate of Lime. Chalk. Generally obtained from the shell of the oyster. Useful in many of the affections of the heart, particularly if they are attended with severe pain, palpitation, and stitches in the chest. For general weakness, loss of appetite, and dyspepsia, it may be used to advantage. Females troubled with Leucorrhœa (commonly called whites) cannot use it amiss. Hysterical affections may be very much alleviated, and sometimes cured, with **CAL. CAR.** alone, especially, with those whose appetites are impaired and capricious, and whose countenances are pale, sad, and sunken.

11. **CAMPORA.** Camphor. This well known drug is the gum of evergreen trees which grow in China and Japan. As it antidotes many of the Homœopathic remedies, and as a tincture of it is almost always kept in every house, it is not put up in the case of medicine which is designed to go with this book. It is used in several cases, as in sun stroke, stranguary, cholera, etc. *Opium.*

12. **CANTHARIS.**—**CANTH.** Cantharides. Spanish Flies used for blisters. For medicine, the flies may be triturated in sugar of milk, or a tincture may be made, and pellets medicated with any desired potency. Can-

tharis is useful in many forms of Uterine diseases, and inflammatory affections of the bladder and kidneys. For frequent and painful urination, wetting the bed, itching of the private parts, bloody urine, gravel, hysterics, wakefulness, and in some of the complications which attend fevers, it often serves the desired end. *Camphor.*

13. CHAMOMILLA.—CHAM. Wild Chamomile. Made into a tincture and attenuated, this remedy is very valuable in the nursery. For colic, crying, and fretfulness with babes and young children, it takes a high rank. Also in whooping cough, teething, and infantile convulsions. It often serves a good purpose in bilious fevers, nervous and catarrhal headaches, asthma and other affections. *Coffee.*

14. CHINA. Peruvian Bark. Jesuit's Bark. For ague and fever, mucous and bilious fevers, loss of appetite, general weakness, (and weakness as in the case of young girls troubled with green sickness,) dyspepsia, bloody spittle, canker sores, worms, etc. Quinine triturated in sugar of milk, and raised to the 2d or 3d decimal potency may also be used in these cases, when China is indicated or required, though China is usually preferable.

15. CINA. Oak of Jerusalem. Worm Seed. Both with physicians and in domestic practice the value of this remedy is well known. In brain diseases of little children, worms, belly ache, involuntary urination, and convulsions, it is of great importance. In intermittent fever with all ages and sexes its value is well known. A drug known by the name of SANTONIN, has very much the same range of action as CINA, and may be substituted in its place, in 2d decimal trituration. *Ipecac.*

16. COLOCYNTHIS.—COL. Colocynth. Bitter Cu-

cumber. A kind of gourd which grows in Arabia, Syria, Cape of Good Hope, and Southern Spain. For medicine, the marrow of the fruit should be used, and either triturated or made into a tincture. In nearly all cases of colic and looseness of the bowels, dysentery, and dysentery attended with very painful passages, and with a protrusion of the gut at the anus, this medicine may be used with the best effects. The author rarely treats a case of severe diarrhœa or dysentery without finding occasion to use it more or less. *Camphor, Chamomile, Coffee.*

17. CUPRUM METALLICUM.—CUPR. The metal copper, prepared by trituration, used in heart affections, as in very violent palpitation, also when the sensations of the chest are of oppressive fullness, though palpitation may be absent. Also, for loss of memory, St. Vitus' dance, epilepsy, cholera, asthma, and difficult breathing, under almost any circumstances. *Bell, China, Nux Vomica, Ipecac.*

18. DIGITALIS.—DIG. Purple Foxglove. Prepared in tincture. A valuable heart medicine, as when the pulse is very weak, slow, and irregular, or pain in the region of the heart. It is valuable to counteract the effect of overdoses of opium, and acts well in many cases of vertigo, dropsy of the chest, asthma, and low spirits. *Opium, Nux Vomica, Vegetable Acids.*

19. HAMAMELIS VIRGINICA.—HAM. V. Witch Hazel. A tincture is prepared for medicine. It is of great value in bleeding from the lungs, and in fact, in almost every kind of hemorrhage, as after child birth, miscarriage, and in the treatment of varicose veins, bloody dysentery, bleeding piles, hot limbs, and milk leg.

20. HELLEBORUS NIGER.—HELL. N. Black Helle-

bore. Christmas Rose. Grows on the mountains of Europe. Tincture made of the roots. Used in most forms of dropsy, especially dropsy of the head, chest, and those forms of dropsy which often follow scarlet fever. *Camphor, China.*

21. HEPAR SULPHURIS.—HEP. S. A chemical combination of Lime and Sulphur. Triturated for medicine. Hep. S., as an eliminator of disease, has a wide and powerful range of action. It enters largely into Homœopathic practice, for the reason that wide and varied experience has fully proved its value. Used in serious and wasting lung affections, various kinds of ulcerations, boils, chapped hands, itch, eruptions, bronchitis, croup, and asthma. *Vegetable Acids, Bell.*

22. IGNATIA AMARA.—IGN. Saint Ignatius' Bean. Prepared in tincture. For heart affections, home sickness, low spirits, chorea, sore throat, convulsions of infants. *Cham., Arnica, Coffee.*

23. IODIUM.—IOD. Iodine. A marine production, obtained from the sponge and sea weeds. Prepared by trituration, or in tincture. Useful in several kinds of dropsy. Also, in glandular swellings, as in goitre, or swelled neck, in canker sores, consumption, and croup. *Camphor, Vinegar.*

24. IPECACUANHA.—IPECAC. Ipecac Root. Usually prepared in tincture for use. Ipecac has a wide range of action, and is particularly useful in gastric fever, disturbed conditions of the stomach, as in cholera, cholera morbus, vomiting, morning sickness, asthma, spitting up food, and whooping cough. *Arnica, China.*

25. KALI BICHROMICUM.—KALI. BI. Bichromate of Potash. Dissolved in water or triturated for use. Very valuable in sore mouth, and especially in diphtheria, as a

gargle for the throat, and internally, in very light doses. As a mouth and throat gargle, it should be used several times a day, in this complaint. It makes our yellow wash.

26. *LOBELIA INFLATA*.—LOB. IN. Emetic Weed. Indian Tobacco. A native plant of the United States. Prepared in tincture. This plant was brought into conspicuous notice by Dr. Samuel Thompson, the founder of the Thomsonian system of practice. In large doses it operates as an emetic, with great power and prostrating effect. Its violent action and very disagreeable taste, make it a very undesirable medicine to take in large doses, which necessity its Homœopathic use avoids, while we acknowledge its great value, when similar states occur with the sick as it produces in the massive dose on the well. It is useful in asthma, tetanus, colic, vomiting, and in the collapsed stage of cholera. It has been used successfully in treating itch.

27. *MERCURIUS VIVUS*.—MER. V. Quicksilver. Prepared by trituration. Mer. V. has a wide scope of action. In most inflammations, and most fevers, at certain stages, controlling, for instance, the excessive diarrhœas which often attend typhoid fevers. In jaundice, and in diarrhœas, under almost all circumstances, especially of children. *Arnica, Bell, Camphor, Sulphur.*

28. *NUX VOMICA*.—NUX. V. Vomic Nut. This is the seed, sometimes called *button*, of the tree *Strychnos Nux Vomica*, which grows in India. The buttons are scraped fine, and made into a tincture. An invaluable Homœopathic remedy. NUX. V. has a very wide field of action, as in inflammatory fevers, gout, rheumatism, severe colics, brain affections, epilepsy, hysteries, habitual costiveness, ringing, roaring, and rumbling noises in the head, swimming and dizziness of the head, loss of

memory, indistinct vision, dyspepsia, piles, spasm of the heart, prickling sensations of the skin, numbness, spinal affections, and various forms of paralysis. *Camphor, Vinegar, Cham.*

29. OPIUM. White Poppy. A well known drug, used in affections of the brain, as delirium, stupor, insanity, dull and oppressive headache, and inability to sleep. Also, for constipated bowels. Should be used in small doses only. *Camphor, Digitalis.*

30. PHOSPHORUS.—PHOS. This is a simple substance, obtained generally from the bones of animals, and has the remarkable property of being luminous in the dark. It is used in many forms of disease, especially in lung fevers, obstinate coughs, weak lungs, catarrh, difficulty of breathing, tickling in the throat, involuntary emissions, morning sweats, and frightful dreams. *Camphor, Cham.*

31. PLATINA.—PLAT. A whitish metal. Prepared for medicine by trituration. Used for hysterical affections, mental anxiety, barrenness, dropsy of the ovaries, and diseases of the male and female organs of generation. *Pulsatilla.*

32. PODOPHYLLIN.—PO. A resin obtained from Mandrake, or May Apple. Prepared by trituration. Useful in dyspepsia, torpidity of the liver, foul mouth, as in bilious fevers, headache, proceeding from a foul stomach, griping pains in the bowels, and watery, clay-colored stools.

33. PULSATILLA.—PULS. Meadow Anemone. Wind Flower. That which Homœopaths generally use, grows in Europe, though there is an American *Pulsatilla* very highly recommended. Prepared in tincture. This medicine is supposed to be more suitable for females than



males, though used for both sexes. Its scope of action is very extensive, particularly in relieving unpleasant mental conditions, as want of decision, irresolution and anxiety; also, used for one-sided headache, throbbing headache, nightly headache with sickness, and many of the complaints which are peculiar to females. *Cham., Sulphur, Coffee, Nux V.*

34. QUININE.—QUI. A well known drug, or salt, obtained from Peruvian Bark. Triturated in sugar of milk, for Homœopathic use. Useful in intermittent and remittent fevers. Also, in neuralgia or congestions of the head, which come on at regular times, as in the morning of each day. Large doses of crude quinine have been used to cure ague, but with very poor success. The small dose, in ague, is sometimes very efficient.

35. RHABARBURUM.—RHEUM. Rhubarb. Used in summer complaints, dysentery, sour stomach, crying and fretting of infants. *Camphor.*

36. RHUS TOXICODENDRON.—RHUS. T. Poison Oak. This poisonous bush grows in North America, and its bare handling will sometimes blister the skin. The very effluvia of the tree will sometimes poison the skin, and produce itching, swelling, pain and sores, attended with fever. It is made into a tincture and used by Homœopaths to cure similar conditions in the sick, and has a wide and important range of action, as in fevers, erysipelas, rheumatism, burns, chilblains, paralysis, delirium, numbness of the limbs, sinking of the strength, scald head, and swelling of the head. *Bryonia, Camphor, Coffee, Sulphur.*

37. SEPIA. Inky juice of the Cuttle Fish. Prepared by trituration. Useful in hysteria, change of life, falling of the womb, skin eruptions, painful periods, leucorrhœa, etc. *Vegetable Acids, Ac.*

38. SILICEA.—SIL. Silex. Prepared by trituration, and used in spinal affections, sore eye lids, with loss of eye wipers, and baldness, or loss of hair, in general. Also, to cure gum boils, styes, rickets, and caries of the bones. *Camphor, Hepar. S.*

39. SPONGIA.—SPONG. The common sponge. It is burnt and triturated or tinctured for use. Useful in scrofula, and nearly all diseases of the respiratory organs, especially in croup or rattles. Children with tendencies to croup should, on the very first signs of it, as wheezing and metallic sounds in breathing, be treated without delay. Spongia can hardly be used in any form of difficult breathing amiss, especially with children. Under the head of croup, we shall give a course of treatment, but this is a disease which should not be trifled with, and no time should be lost in instituting for it a vigorous course of treatment. Spongia is useful in cases of premature and profuse monthly discharges. *Camphor.*

40. TARTARUS EMETICUS.—TART. E. Tartar Emetic. Triturated for use in lung fevers, small pox, pleurisy, hard and dry coughs, sickness at the stomach, eruptions on the body, of or like little blisters, filled with white or milky looking matter. *Ipecac, Puls.*

41. VERATRUM VIRIDE.—VER. VI. American Hellebore. Indian Poke. Prepared in tincture. Used to depress the circulation when too high, for some brain affections, as great delirium, and in delirium tremens, cholera, watery discharges from the bowels, and great prostration of strength.

N. B. In this table of medicines to go with this book, we give names and mode of preparation of some forty remedies, and their uses. This table should be well considered, as symptoms may arise, or cases occur, not given in the book, and which may be met by giving some appropriate medicine herein described.

## POTENCIES AND THEIR MARKS.

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By potency, Homœopaths mean the degree of attenuation to which a medicine has been carried by succussion in a liquid, or trituration in sugar of milk. For example, suppose we take the strong tincture of Aconite, the mark for which is m. t., or an O with a line drawn through it. This is called the mother tincture. We wish to raise it for Homœopathic use. We take one drop of it in a clean vial, and add nine drops of pure alcohol, which, after being well shaken, makes the first decimal potency, marked 1—X. We proceed to make the second decimal potency by taking one drop of the first, and adding to it nine drops of alcohol, and when well shaken, we mark it the second decimal, thus, 2—X, and so on, as high as we wish to carry the attenuation.

Triturations are prepared by taking one grain of the drug we wish to attenuate, and nine grains of sugar of milk, and, after a long trituration of them together, sometimes for an half hour or more, the mass is labeled 1—X. One grain of this with nine grains of sugar of milk, trituated as before, make the second decimal, marked 2—X.

The high attenuations are prepared on the centesimal scale. These, sometimes seem to act with great power, especially in long standing, chronic cases. But they can best be used under the advice of a physician. Low at-

tenuations are best in domestic practice, and for acute diseases.

The scale, therefore, which the author uses is the decimal, and the potencies this book recommends to families to obtain for use, and which are put up in the case which goes with it, range from the mother tincture, as in *Arnica*, to 5—X, as in *Platina*. Corks of vials should never be misplaced, or interchanged, and all medicines should be kept in vials or boxes, properly marked, and a vial or box in which one kind has been kept, should not be used for any other.

## RULES FOR PREPARING AND GIVING MEDICINE.

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1. Medicines should be prepared, when given in water, in clean cups or tumblers, used with clean spoons, and each kind of medicine should be marked, and have its own spoon. The cups should be covered, and kept in cool, clean places.

2. When medicines are given in alternation, they should not, as a general rule, be given nearer than 15 or 20 minutes of each other. Ordinarily, in acute and severe cases, from 30 to 60 minutes apart.

3. When only one kind of medicine is given, it may, in some cases, be given very frequently, as in inducing perspiration with Aconite, a teaspoonful once in every 5 minutes.

4. When the water in which medicine is prepared becomes insipid to the taste, fresh medicine should take its place.

5. When globules or drops are used in water, the water should be well stirred, until all is well mixed.

6. All perfumery and essences, and even, if possible, kitchen odors, should be kept away from the room where Homœopathic medicine is given or prepared for use.

7. In giving Homœopathic medicines, all others should be excluded.

8. As a general rule, if the patient sleeps quietly and easily, do not wake him to give medicine. Sleep, to the weary and distressed, is Nature's own Balm, and should not be, unless for urgent reasons, interrupted.

## RULES FOR NURSING THE SICK.

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1. If possible, in case the patient is very sick, give him the best room in the house, or one that can, as may be required, be kept cool or warm, can be well lighted and conveniently aired, and wholesome for all concerned.

2. Keep the patient quiet and easy, if possible, in body and mind.

3. Let the bed be kept clean and sweet, by frequent changes of clean and dry clothing. The patient's own clothing, especially in fevers and putrid diseases, should be often changed.

4. Bathe the patient often with weak soap suds and soft water. Do not expose the whole body to the air in so doing, but take a limb at a time, and rub dry as you proceed.

5. Patients often desire a cloth wet in water on their heads. Use it warm, cool, or cold, as they may like best, and change as often as they may desire, or as it appears to afford relief.

6. The best drink for the patient is pure water, though in fevers, lemonade and orangeade will sometimes be very grateful to the patient, and do no harm.

7. In fevers, especially, don't *urge* food upon the sick. But little food, and that of the simplest kind, is required by the very sick. When recovery has commenced, there is great danger of relapse from over eating. Many patients die of surfeit, but not from starvation.

8. Do not permit the very sick to be worried with company. Do without strangers for watchers as long as possible.

9. If you have a doctor, follow his orders. When you do not do this, but interfere with his directions, give him an honorable discharge and release him from all responsibility in the case.

10. Remove all the evacuations of the patient at once from the room, and in putrid diseases, and cases of cholera, dysentery, and typhoid fever, they had better be buried out of sight and away from the sense of the well about the house.

11. Keep the air in the room pure by ventilation and cleanliness, and not by burning vinegar, aromatics, and kindred abominations, which only make impurity more impure.

12. Handle the patient with care, get his good will and deserve his confidence. Encourage him, and hold out every possible ground of hope for his recovery. The mind and body sympathize with each other. "A merry heart doeth good like medicine."

13. Sick babes are often held in the lap, to their discomfort as well as fatigue of the nurse. Better lay them on a comfortable bed or cot.

## RULES FOR GIVING AN ACONITE SWEAT.

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The author of this book having in a practice of thirty years met with great success in treating disease, especially fevers, thinks he can render those who use his book no greater service than by pointing out the way he adopts to break up a fever, if possible, and if not possible to do this, to mitigate its severity, and lessen the period of its duration. The author believes that in all fevers there is more or less obstructed perspiration, and that the "sweat glands" should be opened, so that not only the natural perspiration may pass off, but through these glands, disease may be eliminated from the system. In all cases of severe colds, from which fevers often proceed, the sweating process is of great value. Fevers from colds, if taken in season, can ordinarily be broken up. The importance of the Aconite sweat demands a distinct and prominent place in this book. Most fevers, indeed, taken on their first approach, can by this course be thrown off, or, if not completely thrown off, they can be very much subdued, shortened, and modified. Even fevers that have run several days, unless the patient is exceedingly weak, require the Aconite sweat, and it is gratifying to hear patients who have for days suffered with aches and pains all over the body, tell how much they feel relieved "from that sweat the doctor ordered." Observe the following rules in giving it:



1. Put the patient to bed and cover him well with clothing. If circumstances require that he should sit up, let him have a large chair and be well covered with bed clothes, head excepted.

2. Prepare beforehand, some eight or ten Aconite pellets, or three or four drops of Aconite 3d decimal, or one drop of the mother tincture, in a tumbler of water, by a thorough stirring of several minutes, and give a teaspoon-full every five or ten minutes.

3. Sometimes, it may be well, to place warm bricks near the patient, at the feet, and where he feels pain, as at the back and knees. Better than bricks, or jugs of hot water, are large ears of corn, boiled in water, and rolled up hot in cloths, and placed about the body. Corn, for this object, has several things to recommend its use. 1st. It can almost always be easily obtained. 2d. It is clean. 3d. In boiled hot corn, we have two important conditions, *heat* and *moisture*. While Aconite will rarely, if it is used as directed, fail to sweat the patient, this last named appliance will aid its action and render it more effectual.

4. The patient should sweat some fifteen or twenty minutes, and then, (without sudden exposure,) should be wiped dry and clean, and with a change of clothes put in a dry bed, and the course of treatment, elsewhere given, should be followed.

5. If, on the first trial, the attempt to sweat the patient should not succeed as well as might be desired, and the pains should remain, this course may be repeated, unless the patient is very weak. While all through the sickness, severe local pains, as in the legs, hips, back, and shoulders, may be very much relieved by warm and moist

applications, as an ear or two of hot moist corn, or flannels wrung out of hot water.

6. During the sweating process, the head may suffer intense pain, to relieve which, place upon it cloths wet in water, warm, cool, or cold, as the patient desires.

7. After the pores of the skin are fairly opened, the clothing of the patient and temperature of the room, should be adjusted so as to prevent him from taking cold.

8. In sweating for rheumatism, the sweat should last for an hour or so, and the affected parts should be carefully, but thoroughly, rubbed with flannels, wet in Arnica water, and laid on the affected parts, after the sweat is over.

REMARKS.—It is often the case that *local* affections, such as pleurisy, colic, rheumatism, inflammation of the kidneys, ureters, bladder, bowels, and other parts of the body, may be more promptly relieved of their great painfulness and danger by this general sweat, than by any other means. We wish to be distinctly understood as saying that its administration is often, not merely the means of relieving pain, and shortening the duration of disease, BUT OF SAVING LIFE ITSELF.

## THE PULSE AND ITS SIGNS.

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“The study of the pulse,” says Da Costa, “elevated into a science by Galen and his disciples, has come down to us with the sanction of centuries ; and to feel the beat at the wrist is still, in the opinion of many, as indispensable to the understanding of the case as it was thought to be by the Arabs, and in the middle ages. Yet the advance of science has shaken the belief in the paramount importance of the pulse. It has shown that, although a most valuable means of information, it is not to be exclusively trusted to, and has proved the many divisions and refinements of the physicians of by-gone days,—who endeavored by the pulse to judge of every conceivable morbid condition,—to be practically useless.” But while it may not be possible from the condition of the pulse alone to learn all we wish to know of the sick, the pulse should be observed, and its state noted in the progress of disease. The most convenient place to find the pulse is at the radial artery in the wrist, on its inside, some inch or so below the base of the thumb. With young children the pulse is generally quicker than in adult, middle life. Some few persons always have, when in health, a very slow pulse ; and with some the pulse is much quicker than the average, and yet good health is enjoyed. The average pulse, with male adults, in health, is from sixty to eighty beats in a minute. In the female, the pulse is more frequent. It should be considered that the number

of heart beats may be increased beyond the natural average, by temporary causes, as violent exercise, and strong mental emotion, as joy or fright, as well as by morbid conditions. In feeling the pulse, the patient should lie, or sit, in an easy position, and be free from all excitement. The balls of two or more fingers should press gently but firmly over the radial artery, and attention should be fixed on this matter, for the time, alone.

A very slow pulse, and irregular in its movements, may indicate some serious brain affections.

A rapid, full, bounding pulse, the throbs of which may be felt in the head, indicates the invasion of fever, or disease of an inflammatory and serious character.

A small, quick, wiry pulse indicates weakness and failing health and strength.

A feeble pulse, or pulseless wrist, indicates a dangerous condition, as in the collapse, or last stages of cholera.

An irregular pulse, beating several times naturally, and then stopping for the space of time occupied by a beat, or longer, indicates some disease or derangement of the heart.

A pulse which increases rapidly in a fever, indicates increasing danger, while the return of the pulse to its natural standard for several hours, indicates a favorable change.

A small pulse, running like a small wire under the fingers, may indicate some form of abdominal inflammation.

A changeable pulse, from frequent to slow, may attend diseases of the heart or brain.

## THE TONGUE AND BREATH, AND THEIR SIGNS.

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In answer to the request, "Let me see your tongue," the very manner in which the patient complies, may indicate the nature, progress, or severity of his disease.

If the tongue is protruded slowly and with difficulty, it shows a low and exhausted state. If the muscles of the tongue refuse to obey the will, it may be a sign of paralysis. In paralysis of one side, the tongue "turns towards one corner of the mouth." Difficulty of speech, in connection with difficulty in moving the tongue, may signify some serious affection of the brain.

A swollen tongue, broad and flabby, protruding beyond the teeth, or out of the mouth, may be the effect of mercury, or other poisons. It may also indicate some disease of the digestive system.

A tongue with a dirty white or brownish white coat, indicates a simple derangement of the stomach, of no very serious nature, still, should this remain several days, and return soon after removal, it will suggest the importance of remedies to regulate the stomach and bowels.

A yellow tongue indicates some derangement of the liver, or bilious affections.

A very pale tongue indicates watery or impoverished blood, and general debility.

A clean and deeply red tongue indicates nervous derangement of the stomach.

A red, dry and shining tongue indicates a continued fever. Generally, at the commencement of fevers of all kinds, the tongue is furred and dirty, and the patient complains of "bad taste in the mouth," or sometimes of inability to taste at all, or that everything tastes badly.

A black, dry, furrowed tongue betokens severe affections, as putrid or typhus fever.

A bluish and livid tongue indicates some obstruction to the free flow of the blood in the veins and lungs, and may attend and indicate some severe disease of the heart, or a case of dangerous bronchitis, or lung fever.

In scarlet fever we have first a coated, then a very red, or what is called, sometimes, "the strawberry tongue."

A very tremulous tongue, dry, livid, very red, glossy, raw, or loaded with a heavy coat of brown or black fur, with other unfavorable symptoms, as great weakness, stupor, and delirium, indicates great danger.

**THE BREATH.**—In health, or with the respiratory organs in health, we breathe, easily and freely, from sixteen to twenty times in a minute. Disease may increase or decrease this frequency. The *odor* of the breath is also worthy of notice. In most fevers, the breath is fetid. In catarrh, it has a very disagreeable odor. In diphtheria the breath has a very offensive odor, unlike every other offensive kind.

## PAIN AND ITS SIGNS.

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While the sick may complain of many disagreeable sensations, such as chills, heat, weakness, desire for food and yet inability to eat, want of sleep and yet unable to gratify it, they, usually, complain of some kind of pain, either acute or dull. They talk of "heavy, oppressed pain," or of "flying, darting pains;" they feel as though they "had been pounded," as though a knife were "thrust into them;" sometimes they are "burning up;" sometimes they are "freezing." Now "pain," as Da Costa well remarks, "varies much in intensity; it is sometimes so severe as to cause death. We have to judge of its severity partly on the testimony of the sufferer, partly by the countenance, and partly by the attending functional disturbances." (In case of the very young we have to be governed, in judging of the severity of pain, by appearances almost altogether, as cries, moans, writhings, painful evacuations, pallid looks, sleepless eyes, or stupor, may be all the testimony the little sufferer can give.) "The seat to which pain is referred," by the sufferer, "is far from being always the seat of disease. A calculus (stone) in the bladder may produce dragging sensations down the thighs; inflammation of the hip-joint gives rise to pain in the knee; affections of the liver occasion pain in the right shoulder. Pain felt at some part remote from that affected, is either transmitted in the course of the nerve involved, or it is sympathetic."

Inflammation does not always cause the same kind of pain, the parts affected seeming to modify its character, as pain from diseases of the bones, or their immediate covering, (periosteum,) is fixed, and as though the bones were bored into; in the serous membranes, as the lining coat of the abdomen, pain is sharp; while affections of the skin, may show their appropriate pains, in burnings, smarting, and itching sensations. "The sense of an iron finger on some part of the head, or of an iron hoop around the head," says another author, "is the effect of the exhaustion of blood." In many cases, however, the seat of pain is at its source, as in pleurisy, bronchitis, and lung fever.

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### FOOD ALLOWED AND FORBIDDEN.

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In most cases of severe sickness, but little food should be used, and that of the most simple kind. We *insist* on great care in matters of diet and Hygiene, not only because many articles of food antidote our medicines, but because they are, to the sick, pernicious in themselves. It is often the case, that abstinence for one or two meals, will enable nature to throw off an impending disease.

**FOOD ALLOWED.**—Plain soup, broth, crust coffee, gruels, sago, tapioca, and rice *well boiled*. Rice may be boiled with plain meat soups. But little salt, and no



pepper or spices should be used in making soup for the sick. Chicken soup, as a general thing, should not be used, if lean beef or mutton can be got in its place.

Beef, and mutton may be used, roasted or broiled, but no butter or grease with either.

(To make beef tea, cut nice lean beef into very small bits, and put in a bottle or glass jar, add little salt and water, and place in an open kettle of hot water. Boil for about two hours, and if any lumps remain, strain. The stomach will often retain this article of food, when it will reject many other very simple things.)

Game, such as wild pigeons, larks, and quails, may be used by the sick when improving in health.

Common vegetables may be used, if well cooked, and not unripe. Potatoes, with the very sick, should be used with much caution. Apples, if baked, may be eaten in moderation ; also, ripe blackberries, or stewed dried fruit in general, unless very sour.

The only fish allowed the very sick, is a little dry salt codfish, "picked up," well freshened, and cooked in water, and seasoned with a little cream.

Light puddings, made with eggs and corn starch, with cream, may be used.

Wheat bread, six or eight hours old, may be used. Toasted wheat bread, with a little good butter or fresh cream, seldom does any harm to the sick.

Black tea, or coffee, for the aged, and those who *desire them very much*, may be allowed, in very moderate quantities, once or twice a day, but should their use be followed by any unfavorable symptoms, they must be prohibited.

Oysters, in cool weather, may be *occasionally* used, unless they seem to do an injury.

As a rule, cream is much better for the sick than milk.

With the sick sometimes, as with the well, in matters of diet, "what is one man's meat is another man's poison." Sometimes the demands of the appetite, may be safely followed. But caution should be used.


**FOOD PROHIBITED.**—Pork, all very fat food, and rancid butter. Rich soups, highly seasoned, and compounded of a large number of articles.

Lobsters, clams, and fish in general, especially those very fat and oily.

Unripe vegetables, and, particularly, during the prevalence of summer complaints, cucumbers, onions, greens, pickles, salad, and vegetables cooked in, or greened with copper.

Rich pastry, puddings, and cakes.

Spices, rich sauces, rich gravies, aromatics, mustard, and, generally, vinegar and pepper. Also, nuts, raisins, figs, olive oil, cheese. Any article of food which is known to disagree with the patient, is disallowed.

 In prescribing diet for the sick, the author does not enter into the general consideration of the mooted questions, "what shall we eat? and what shall we drink?" He leaves these matters for those who have hobbies to ride. There is hardly any article of food or drink that the field, forest, orchard, meadow, vineyard, river, or ocean, has produced, but some theorist has laid his veto upon it. "Let every man be fully persuaded in his own mind." Experience must be the test. Climate, habits, occupation, and exercise, have much to do in deciding what we can best eat and drink, and what we ought to avoid. Rigid, "iron-bedstead rules," may do for the chimney corner theorist. Brown bread may possibly be best for the dyspeptic, but wheat bread of "the finest of the flour," with a liberal allowance of beef steak and

potatoes, rarely hurt the man who, by faithful labor, earns the meal he eats. Indeed, the author has known dyspeptics receive more benefit under a generous diet, than on the "brown-bread," starvation plan. Whatever article of food or drink, one finds, by experience, to hurt him, or disagree with him, he should have the courage and force of will to reject, however dear the idol, while, in everything that we do, eat, or drink, we should all act on the principle of "temperance in all things," as the golden rule of health and enjoyment.

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## SIZE AND FREQUENCY OF DOSE.

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Pellets are of various sizes. Those in our case are No. 3, or medium size. Four or five of these are enough for one dose for an adult, one or two for a babe, two or three for a grown child. Of medicine in tincture, one drop is equal to five pellets. Where medicine is prepared in water, from a tea to a table spoonfull is a dose, according to age. When in powder, about the same quantity, as the pellets above named would make, if pulverized. Homœopathic medicine depends on its adaptability to the case under treatment, for its efficiency, rather than to the precise amount of the dose employed.

In acute and severe cases, medicines should be given every thirty or sixty minutes. When but one kind is

used, it may be given every five minutes in urgent cases. When two or more kinds are used, there should be at least an interval of from fifteen to thirty minutes between them.

 In naming the proper medicines to be given the sick in other parts of this book, if the amount and frequency of dose are not stated, these rules should be the guide.

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## INJECTIONS, OR ENEMAS.

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In the course of these pages, injections are recommended. Every family should have a good syringe. (For some forms of female complaints, a vaginal syringe is needed.)

Simply to move the bowels, injections may be of warm water, weak brine, or soap suds. In severe constipation the enema may be of Boneset or Smartweed tea, to which may be added a tablespoonful of castor oil. Where the bowels are sore as in dysentery, or diarrhœa, they may be made of thin starch. The syringe promptly used, will do all the good cathartics can do, without their evils. In piles the injections may be of cold water. Generally, they should be blood warm. The habit of using cathartics is very bad. They induce the very condition you wish to avoid. Injections are far preferable.

## DISEASES AND THEIR TREATMENT.

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In this part of our book, we propose to give the names, characteristics, and treatment, of the most common diseases, and begin with remarks on FEVERS IN GENERAL.

Writers on disease have found no task more difficult than to answer the question, "*what is fever?*" Still, fevers have certain marks, or signs, indicating their presence, and it is with these, in a practical way, that we must deal, in managing the sick. Fevers constitute the largest class of diseases which afflict the family of man.

Some of the prominent marks of fever, are loss of appetite, foul tongue, feelings of languor and lassitude, thirst, a quick pulse, unusual sensations of pain and heat, in different parts of the body. When fever is very marked, in any case, almost every function of the body is, more or less, deranged.

In fever we have, usually, an increased action of the heart and arteries, which may be evidence that Nature is trying to throw off disease, rather than that this state of the pulse is disease itself. Should this remark be deemed presumptuous, the author feels that amidst the confusion of the doctors and pathologists on this subject, he has a right to show his opinion. One bold reformer in medicine, declared, (and he is not the only one who has taken substantially the same view,) that "fever is a friend, and not an enemy." In view of the endless controversies on this subject for centuries, the fever theories that have been established and overthrown, and the mystery that

still hangs over the subject, who shall call this statement the presumption of ignorance? No well informed person doubts the fact, that the "learned are not always wise," and that the common people sometimes discover truths which the wisdom of ages has overlooked. Nor is a truth less a truth, because it may not be stated in the forms and language of science.

Of one thing the author feels assured, viz : in all fevers we have more or less obstructions of the perspiratory glands. Other obstructions may exist. But we have them in this important apparatus of the body, and the increased heat of fever, may be a beneficent effort of nature to remove offending causes. We all know how a sudden chill, from a sudden change of temperature, as in passing from a warm room into a cold, damp blast of wind, may close more or less of these glands, and induce, first a cold, then a fever. The cold always taking the precedence. We know that most fevers are preceded by *sensible* chills, more or less frequent and intense. Cold air, or air loaded with poisons, may disturb the normal action of these glands, and shut up these natural and necessary outlets of waste, effete, or morbid matter in the body. The perspiratory glands obstructed, and their eliminating processes more or less suspended, other organs may be overtaxed, or suffer from the unexpelled morbid matter diffused throughout the whole system, to dislodge which, through the most natural channels, is the demand and the effort of nature. And what is this violent, but natural process of the expulsion of morbid matter, but fever? That this idea can be criticised, and even ridiculed, the author is well aware, but he, who has a more reasonable view, can surely afford to bless the world with his wisdom.

The office of the perspiratory system is so important that while leaving, generally, the subjects of anatomy and physiology out of this book, we desire to call attention to this wonderful arrangement of the Great Author of our being. The author has had the most gratifying success, for over thirty years, in the treatment of fevers, and he believes that much of that success has been the result of understanding and respecting the use of the organs of perspiration.

The office of these glands is to equalize the heat of the body, and eliminate waste and effete matter from it. These glands of the skin are situated throughout this integument, but are most numerous on the anterior portions of the body. "They consist," says Dalton, "each of a slender tube about one-four-hundredth of an inch in diameter, lined with a glandular epithelium, which penetrates nearly through the entire thickness of the skin, and terminates below in a globular coil. A net-work of capillary vessels, envelops the tubular coil, and supplies the gland with the materials necessary to its secretion."

These glands are very abundant in some parts of the body, as on the trunk, chest and cheeks. "On the skin of the thigh and leg, there are, according to Krause, about 500 to the square inch; on the anterior part of the trunk, the forehead, neck, the forearm, and the back of the hand and foot, about 1000 to the square inch, and on the sole of the foot and palm of the hand, about 2700 in the same space. According to the same observer, the whole number of perspiratory glands is not less than 2,300,000, and the length of each tubular coil, when unravelled, about one-fifteenth of an inch. The entire length of the glandular tubing must, therefore, be not less than 153,000 inches, or about two miles and a half."

While we may not be able to exactly determine the amount of waste matter which passes from the body through these glands, it is supposed to amount, daily, in weight, to about two pounds, under ordinary circumstances. But with a high temperature, or with an active circulation, as with laborers employed about large fires, or in a hot sun, it may amount to as many pounds in an hour. "Dr. Southwood Smith found that the laborers employed in gas works, lost sometimes as much as three and a half pounds' weight, both by cutaneous and pulmonary exhalation, in less than an hour. In these cases, as Seguin has shown, the amount of cutaneous transpiration is about twice as great as from the lungs." (See Dalton's Physiology, pp. 330-1.) Now what does a sudden exposure to cold and damp atmosphere, do to these organs, but shut them up and cause the retention of matter which should be expelled? "Stopped up," "stuffed up with a cold," are common, but not unmeaning terms.

We have doctors who insist on the great importance of cathartics to cause an evacuation of the bowels, especially when constipated. That constipated bowels should be relieved, all will grant, though there is a diversity of opinion and practice as to the best and safest way to effect this object. But the bowels are only a part of nature's apparatus for expelling effete and morbid matter from the body. And we think that constipated bowels are not so dangerous to the patient, as obstructed perspiration, or the closing up of these numerous but important outlets.

In all parts of the body, man is, indeed, "wonderfully made," and surely not less so in these minute but numerous organs, than with other strings of the wonderful




harp. Due attention, therefore, to the office of the skin, is of the first importance to the doctor and the patient. When that office is in any way disturbed or interrupted, we should seek to restore its suspended functions. What a sad mistake have doctors made in treating their fever patients, by dosing them with abominable and disgusting cathartics, day after day, to keep the bowels open, and, meanwhile, utterly neglecting the skin, (not even requiring the body to be washed and kept clean,) as though the skin, (with its amazing network of glands, each one as perfectly made for its work as the lungs are made for their's,) was of no more importance to their patients, in a physiological point of view, than the sheets upon their beds, that is, only a good thing to wrap them up in!

The office of these glands, their obstruction in most diseases, especially in fevers, and the vital importance to health and life that they should be relieved when embarrassed, and aided in resuming their functions, by baths, cleanliness, and proper medical treatment, are the central ideas of the author, and acting from these standpoints, his mode of treating fevers has been, under the blessing of heaven, as yet, without a failure. The author writes with some confidence on this subject, from the fact that he has acted from these standpoints for over thirty years, dealing with every kind of fever, (except yellow,) including the spotted fever, (in which his experience has been very extensive,) and finds his views supported by the test to which all theories ought to be subjected, and by which they must stand or fall—THE TEST OF EXPERIENCE.

Fevers have been variously classified by different writers, but the arrangement which we shall adopt is to give the common names, (with the technical names in

brackets,) and their *prominent* signs, with the appropriate treatment. It is useless, in a book for popular purposes, to point out every feature of a fever, however indistinct or variable. Every case, in fact, has something peculiar to itself. Minute and extended descriptions, with a profusion of remedies, only tend to confuse the reader.

 Some fevers come on almost unobserved, and during the seasons of their prevalence, should be watched for and guarded against.

For the amount of medicine to be given, for a dose, see page 41, unless other directions are given, in particular cases. Also, see pages 25-6-7-8-9.

**SIMPLE FEVER.** — [*Febris Simplex.*] *Symptoms.* Chills ; shivering, as though one had just gone out into a cold wind ; chills and flashes of heat in alternation ; eyes, skin, and face red ; pulse, frequent, strong, bounding, and irregular ; great thirst ; urine sometimes scanty and high colored ; white tongue ; headache ; difficult breathing ; sometimes delirium ; pains in different parts of the body ; languor ; loss of appetite. Other symptoms may be present, and some of these may be wanting in a case of simple fever, as may be true of almost every other case described in this book. But if you have a high, strong pulse, hot skin, great thirst, headache and bones ache, the signs of fever are sufficiently clear and numerous to justify treatment without delay. Even with fewer signs the treatment may be properly begun. If unnecessary, you err on the side of prudence.

*Causes.* Sudden exposure to cold, when warm or sweating ; wounds ; overeating of rich and indigestible food ; intemperance in food or drink ; suppressed evacuations ; over-exertion ; obstructed perspiration ; wet feet ; damp air.

*Treatment.* In all fevers, in their forming stages, give the aconite sweat, as before described.

Ac. and Bell. may be given in alternation every hour. (See "Size of Dose" on page 41.) Bell. should not be omitted if there is much headache, or tendency to delirium, or great heat in the head.

A dose of Bry. may be given occasionally, between the other medicines, should there be rheumatic pains, or difficult breathing.

Should diarrhœa intervene, give Mer. V., instead of Bell., until not needed any longer, then resume Bell. Should the bowels be very costive, use injections, and give an occasional dose of Hep. S. or Nux. V. Should the urine be thick, scanty, or scalding, give an occasional dose of Canth., say two or three times a day.

A simple fever, unless it becomes complicated, by some local affection, as pleurisy, will generally yield to this treatment in a few days, especially if the patient is not over-fed. The *favorable* symptoms are natural moisture of the skin; nose bleed; soft pulse; return of natural appetite; natural evacuations; regular sleep. The *unfavorable*, are the development of local complications; high pulse; hiccough; sinking of the vital powers; involuntary discharges.

INFLAMMATORY FEVER.—[*Synocha.*] This is a graver form of fever, and liable to the same and more dangerous complications. The symptoms, causes, favorable and unfavorable signs, are very much the same as in simple fever, except all are more strongly marked.

*Treatment.* The same as in simple fever, except, as the symptoms are of a graver character, the treatment should be begun with promptness, the sweat should be repeated if the patient's strength remains good, and any

symptoms, unusual, or light only, in simple fevers, should be promptly treated with appropriate remedies. Sometimes a general fever attends inflammation of the brain, lungs, liver, bowels, stomach, midriff, for treatment of which consult the directions given under their appropriate heads. *Local* inflammations, in any case, may be much relieved by local applications, as by cloths wet in warm, cool, or cold water, just as the patient prefers, applied to the affected parts, as the head, chest, bowels, and back. These applications should be frequently changed, and neatly and carefully adjusted, so as not to irritate the parts with uneven surfaces. It is not necessary to wet the bed very much with them, as they should be wrung dry enough to prevent this, and the clothing should be so arranged as to make the patient comfortable.

In inflammatory fever, should the patient complain of swimming sensations in the head, or dizziness, give occasionally a dose of Nux. V. For rheumatic pains, as in the shoulders, side, legs, back, hips, or knees, give an occasional dose of Bry. between giving Ac. and Bell. Unless broken up in the outset, it usually runs about fourteen days. In getting over this fever, as every other, be careful of *relapse* by excess of any kind.

INTERMITTENT FEVER, or AGUE AND FEVER.—[*Febris Intermittens.*] This well known fever, (especially in the West,) has some peculiar features, which distinguish it from simple or inflammatory fever. The symptoms may be classed as follows :

*Cold Stage.* Lassitude ; dull feelings ; yawning ; pulse small and rather weak ; breathing short ; the patient feels cool, cold, or very cold, perhaps first in the back, then over the whole body, which are followed by general shaking or ague.

*Hot Stage.* After shivering and shaking a while, flushes succeed; followed by general heat; headache; pains running all over the body; flesh sore and tender; pulse rapid, strong, and unyielding to pressure; white, furred tongue; great thirst; urine scanty and dark red; constipation of the bowels; sometimes stupor and slight delirium.

*Sweating Stage.* At length the poor sufferer begins to sweat, and relief follows, as might be expected, when the perspiratory glands resume their functions. The heat abates, the pulse drops down to a natural standard, the headache ceases, the bones no longer ache, and all the symptoms are natural again. The fever goes off entirely.

*Return of the attack.* After an interval of 24, 48, or 72 hours, the ague and fever return again, and the victim runs the circuit as before. Attacks between these several intervals sometimes occur.

Intermittent fever sometimes exists with the simple fever, and also other forms of fever, as lung and gastric. Sometimes, when the cause is not eradicated, it assumes a chronic form, and an individual once attacked with ague, and not thoroughly cured, is very liable to its re-developments; and other diseases thereafter, are very liable to show some marks of this affection.

*Causes.* New countries, marshy districts, proximity to large bodies of stagnant water, are noted as the localities of this disease. Persons who have lived in mountainous countries, on removal to low and rich countries, are very apt to suffer from ague. Debility, from whatever cause, may predispose one to an ague attack, as may the night air of malarious regions, without the protection of sufficient clothing, sleeping on damp ground,

surface water of prairies used for cooking and drinking ; “in a word,” says Beach, “whatever relaxes the solids, diminishes the perspiration, or obstructs the circulation in the capillary or small vessels, disposes the body to ague.”

*Treatment.* Anticipate nature’s sweating process by giving the Aconite sweat, if possible, as soon as languid or chilly sensations come over the patient. If you have no Aconite, use a few drops of Lobelia, in water, and give as directed for Ac. ; in the absence of both, use a warm tea of Boneset or Thoroughwort ; and in the absence of all these use almost any innocent herb teas ;—apply the hot corn, jugs of hot water, or hot bricks, and give the patient a thorough sweat, if possible.

Ac. is the remedy in the early stages of this fever. Prepare in water, the same as for giving the Aconite sweat, and give a dose, (after sweating the patient if possible,) every two hours. Between these hours, for a day or two, give a dose of Nux. V. After the cold stage, give a dose of China. If there is thirst, give Ars. Al. As an intercurrent with Aconite, this is here a remedy of great value. It would be well, after a day or so, to use Ac. and Ars. Al. in alternation, every hour, giving each one two hours apart, and should symptoms arise, requiring other remedies, the Ars. Al. might be dropped occasionally, and some other remedy used. As, should violent palpitation of the heart ensue, give instead a dose of Apis. Mel. For delirium give Nux. V. Also give Nux. V. if, while the fever is on, the patient complains of being cold, and desires to be well covered in bed. For nausea or vomiting, give Ipecac, or Anti. Cru. For cold, clammy sweats, give Ver. Vi. Should the sweating stages be long and very exhausting, give Ac. Ni., or if the patient is

very thirsty, give him at any time lemonade freely. For severe headache, give Bell.

As the sweating stage is passing off, wash the patient in warm soap suds, and wipe dry and change his clothes.

When the hot stage continues a long time, and the sweat does not readily ensue, use Apis. Mel, (omitting, for the time, all other remedies,) as often as every thirty minutes, and put some hot corn, or hot bricks, about the patient. When the hot stage passes off, return to the usual treatment. Ac. and Ars. Al. are the great and leading remedies for an acute case of intermittent fever.

The *favorable* symptoms occur when the different stages occur less frequently, or are less violent; and they are *unfavorable* when they become more severe, and other symptoms appear, as convulsions, high delirium, stupor, hiccough, great weakness, congestions of the brain, and the tongue shows a black coat.

Where ague and fever have become chronic, the treatment may be varied somewhat, especially if the case has been treated before, with large doses of quinine. Where quinine has been largely given in these chronic cases, Ars. Al. and Nux. V. should be the main dependence, with acid drinks, such as cider or lemonade. In chronic cases where quinine has not been used, Ars. Al. and Quinine may be used.

GASTRIC, OR BILIOUS REMITTENT FEVER.—[*Febris gastrica biliosa.*] Mucous fevers may be properly placed under this head, as there are symptoms and conditions in these several forms of fever, which have common marks. In bilious remittent fevers we have, sometimes, also, some of the conditions of other fevers, as intermittent, nervous, and even putrid, which possible complications should be watched for, and as far as possible, prevented.

*Causes.* Probably the same as in intermittents, and as these fevers usually occur in the Autumn, the poison arising from decaying vegetable matter may act an important part in their production. The great and frequent changes of temperature of the weather in the Autumn, from hot days to cool nights, with no corresponding regulation of clothing, may contribute in no small degree, to the production of bilious fevers. Any of the causes which check perspiration, derange the stomach and constipate the bowels, may cause this common fever of the West.

*Symptoms.* Premonitory chills, lassitude, uneasy sensations in the stomach, as of weight, fullness and distension. Sometimes sickness and vomiting of food, which tastes very sour and bitter. The tongue is thickly furred, and has a dirty and slightly yellow color. The skin and eyes somewhat yellow. Headache, usually, more in front of the head than in other parts. Pulse, sometimes very quick, and often irregular. Passages from the bowels sometimes very offensive. Urine dark colored. After chilliness, heat and dryness of the skin. The bones often ache, and hence some call this fever "Breakbone fever." With these symptoms, there may be some delirium, and from the skin, in severe cases, a very fetid and disagreeable odor may be exhaled. Though the feverish symptoms may remit, they do not wholly intermit or pass off from time to time, as in the pure intermittent.

*Treatment.* The treatment of this and all other fevers should be begun very promptly, and the Aconite sweat is the first important step to be taken.

Ac. and Ars. Al. may be given as leading remedies, in alternation, as directed for intermittent, but on the development of important symptoms from time to time, other remedies may be required. Give the above named rem-



edies an hour apart, unless in a very severe case, when they may be used as near as thirty minutes to each other. Should other remedies be demanded, as in sickness of the stomach and vomiting, omit for a few times *Ars. Al.* and give *Ipecac* or *Anti. Cru.* If *Ac.* and *Ars. Al.* are given only once each in two hours, and other remedies should be required, they may be given between giving these remedies. Should the patient complain of chills and want a large amount of bed covering, give a dose of *Ver. Vi.* For diarrhœa give an occasional dose of *Mer. V.* Should the patient have feelings of despondency, give *Ign.* For headache, dizziness, and delirium, omit for a few times *Ac.* and give *Nux. V.* Should the urine scald, or be retained, give *Canth.* Should the fever assume, quite decidedly, the character of intermittent, and be marked by distinct intermissions, give *China* instead of *Ars. Al.* four or five times a day. Should the bowels bloat, give *Cham.* occasionally, and put a cloth wet in water, of the temperature the patient desires, upon them. Should the fever run very high, and the skin be hot and dry, give an *Aconite* sweat, for the second time, unless the patient is very weak and low. If he can stand alone, and the fever runs high, it is best to give the sweat, if needed, even the third or fourth time. Should this fever run into other forms, as lung, typhoid, congestive, or dysentery, see the treatment for these, and treat as the case may seem to require. Give water and lemonade for drink.

The *favorable* symptoms consist in the disposition of the stomach to tolerate a little simple food without sickness or vomiting, in a soft, moist skin, freedom from pain, improvement in the appearance of the tongue, natural and regular sleep. The *unfavorable* symptoms are con-

tinued vomiting, hiccough, dark-brown tongue, great prostration, and constant and marked delirium, with involuntary evacuations.

The food should be very simple, and if the stomach is very sensitive, the medicines may all be given *dry on the tongue*. The author has had cases of gastric bilious fevers to deal with, in which a teaspoonful of water would cause great distress of the stomach, and severe and prostrating attempts to vomit. Of all remedies which he has ever tried for this uncomfortable and alarming symptom, *Anti. Cru.* given dry on the tongue, is the best. Sometimes, indeed, *Ipecac* will act like a charm in this case. Like most fevers, once established, this fever is very apt to run its course, or to last from 14 to 21 days. Should it assume a very severe character, or complications arise, a good Homœopathic doctor should be called to the case. In this fever, the digestive system is deeply involved, and too much care cannot be given to the diet, even after the patient is decidedly on the mending point, as a relapse may easily follow an over indulgence in food, even though it may be quite plain or simple.

As the liver is apt to remain torpid after bilious fever attacks, two or three doses of *Po.* may be taken for several days after the patient can walk or ride about; and during the sickness, between giving other medicines, a dose of *Po.* may be given twice a day, especially if the mouth has a bitter taste, or the appetite is very poor.

CONGESTIVE FEVER.—[*Febris Congestiva.*] This may be considered as an aggravated form of bilious fever. Certainly with the two, there are many marks in common. Sometimes in the intermittent, we have great congestion of blood in the head. It is not uncommon in the west-

ern country to hear people talk of one "dying in a congestive fit or chill."

*Causes.* Generally the same as those which induce the intermittent and remittent bilious fevers.

*Symptoms.* Great depression of mind; lassitude; chills, succeeded by hot stages; weakness; loss of appetite, and, (which is a marked symptom,) oppressive, agonizing headache, as though a band of iron were bound around it; face red, often, and sometimes the eyes have a wild and unusual appearance. The pains in the head are very intense, and usually come on in the forepart of the day, and pass off in the afternoon. Slight noises disturb the patient, and he is often very anxious, and sometimes dissatisfied with what is done for him. When the fever is on, the pulse is high, and head and skin hot. The tongue is coated, generally with a yellow fur. The patient is very thirsty, and wishes to drink very often.

*Treatment.* Give the Aconite sweat with as little delay as possible, though before this is done, if there must be some delay, give Ac. and Bell. in alternation, every half hour. In sweating, have the head well covered with cloths dipped in water; sometimes cloths wrung out of very warm water will afford more relief than cool or cold water. Put several ears of hot corn to the feet, for by warming up the limbs the blood may not press so much into the head. After the sweat is over, put the patient into dry bed clothes, and give Ac. and Bell. an hour apart. If there is an inclination in the case to take on severe headache every morning, instead of Bell. give Qui. in alternation with Ac. for a few hours before the headache usually commences.

For vertigo or dizziness, give a dose of Nux. V. occasionally, instead of Ac. For vomiting, give Ipecac,

omitting for an hour or two, Ac. or Bell. If the fever abates, and there is considerable prostration, substitute Ars. Al. for Ac. altogether, but return to Ac. if the fever returns. Unless the patient gets very weak, the sweating process may be adopted every morning for several days. Should the bowels move off too frequently, give Nux. V. or Mer. V., or both, several times a day.

The *favorable* symptoms are less headache, natural moisture on the skin, and exemption from complications. The *unfavorable*, are aggravations of the usual symptoms, as high delirium, increased suffering, and complications of other forms of disease. This is a disease which requires close attention on the part of friends. It is a formidable malady, but if the treatment which we have given is faithfully followed, it will prove as controlable as almost any other form of fever.

**TYPHUS AND TYPHOID FEVERS.** These fevers, regarded by some writers as distinct diseases, have so many marks in common, that we shall consider them under the name of typhoid, now usually employed to designate fevers of a weak, low, and nervous type, common in all parts of our land. The word typhus signifies stupor, and typhoid means resembling typhus. The head is usually affected in a marked degree, and hence a nervous restlessness attends a typhoid fever. Sometimes we have typhoid symptoms in other complaints, as in lung fever, called then typhoid pneumonia; sometimes in bilious affections, then we speak of typhoid bilious fevers. Where this fever is very severe we call it "malignant typhoid," and where it is very putrid, we call it "putrid typhus or typhoid."

In our remarks on typhoid fevers, we wish to express our full belief in the doctrine of their contagious nature.

Not that they are *necessarily*, but may become so, unless great attention is paid to cleanliness, bathing of the patient often, frequent changes of clothes for the body and bed, fresh air in the sick room, and its frequent and complete ventilation. Persons who feel themselves unwell, and who are very much worn down with labor, care and watching, are hardly safe from this disease, if they watch with those who are very sick with it, unless the greatest care in these matters is observed. We give the reader, then, this warning, that for his own safety, for the safety of the family and the neighborhood, as well as for the benefit of the patient, let the greatest attention be paid to ventilation, bathing, clean beds and clothes for patients with typhoid fevers. Those kind neighbors, who are ready with their broths and jellies, company, long and doleful stories in the presence of the sick, would do more good at the wash tub in cleansing the clothing for the sufferer, than in these other offices, however well intended.

*Causes.* Very much the same as other fevers. Contagion.

*Symptoms.* Typhoid fever often comes on so slowly, that one hardly knows when he began to feel unwell, or what were his first unpleasant feelings. Upon close questioning, and refreshing the memory, he will sometimes recall previous chilly sensations, and remember that he has felt poorly, and had headache and other aches for several days. Usually the symptoms are less marked than in intermittent and remittent fevers; but generally, the head aches; the tongue is furred; the appetite poor; the ambition is gone; and the patient sinks down into a languid, stupid condition. There is not, ordinarily, a very high fever, and what there is shows itself more in the latter than first part of the day. The pulse is rather

quick, but not generally strong and bounding. The marks of debility are very visible in the looks and motions of the patient. The skin is dry, and the breath often fetid. The patient has but little sleep, but is uneasy and nervous day and night. In these early symptoms the bowels are often constipated.

*Treatment.* Give the Aconite sweat in the outset. If the fever does not run very high, prepare eight pellets of Rhus. T. in a tumbler of water, and give it every other hour in alternation with Bry., which may be prepared and given in the same way. Rhus. and Bry. are the leading remedies in typhoid fevers; still, should the fever get very high and the skin very hot, Ac. should take the place of Bry. while these urgent symptoms remain. Should low, sinking stages occur, give Ars. Al. instead of Rhus. T. For severe headache, give an occasional dose of Bell. For vomiting, use Anti. Cru. or Ipecac, and should there be any pain in the lungs and difficult breathing, give a dose of Tart. E. three or four times a day, between giving the leading medicines. For diarrhœa, give Mer. V. If the bowels are very much constipated, use injections of warm water, or salt and water, or soap suds, and if the bowels bloat, put on them wet cloths. Should the patient be very delirious, give him an occasional dose of Dig., and should the pulse drop down very low, and the patient become cold, give not only Ver. Vi., but a little wine. Give water and lemonade for drinks, and let the food be very simple.

Typhoid fevers come on so slowly and secretly, "like a thief in the night," that they often become established before the patient is really aware of it, and consequently they are not usually treated as soon as they should be. Under these circumstances they are not easily broken up,

and will generally run their course, though by good management, that course may be shortened in duration, its severity lessened, and its fatality averted. Under the author's treatment, typhoids run from seven to twenty-one days.

**MALIGNANT TYPHOID FEVER.**—[*Typhus Gravior.*] This fever has been distinguished from the milder forms of nervous fevers, by a more marked and violent commencement; by all the symptoms of the fever being more aggravated; by great debility; a small pulse; brown or black tongue, with foul matter about the teeth; the skin very hot; fetid evacuations; and dark colored spots on different parts of the body.

*Causes.* Impure air, from decaying animal and vegetable matter; effluvia from filthy hotel water closets, and slaughter yards; crowded houses, or tenements filled with people; filthy jails and prisons; crowded ships; unwholesome food, as decaying vegetables and tainted meat; low, marshy countries; stagnant water; fatigue of mind or body; the obstruction of sewers in cities; contagion.

*Treatment.* The same as given in the previous article, if possible the removal of the patient, when necessary, to clean and well ventilated apartments. This malignant fever seldom appears in isolated houses, but makes its home and reaps its harvest of death, in ships, camps, hospitals, and crowded homes and dwellings. It is called sometimes by one expressive name, and sometimes another, as "plague," "ship fever," "camp fever," "putrid fever," etc. Of its contagiousness there can be no doubt. If attacked with this fever, commence the treatment without delay, and send for a Homœopathic doctor at once.

**MILD TYPHOID FEVER.**—A very mild form of typhoid sometimes prevails, which requires the same treatment as this fever when more intense, though the remedies may be given at longer intervals. Under Homœopathic treatment we often have these mild typhoids, so mild, often, that the sick can, during their indisposition, walk about the house, and sometimes do some labor. Yet the fever has its course, and the patient, while feeling “comfortably sick” all the time, is incapable of any great exertion. In fact, typhoid fevers, in respect to intensity and danger, are of all shades within the bounds of uncomfortable indisposition to utter prostration and alarming sickness. These mild cases, if neglected, are the prelude to more severe attacks, and are not to be viewed as unworthy of attention, because the patient can eat a little, it may be work a little, and is not suffering from high fever and delirium. In these mild cases, let great attention be paid to diet and bathing. By observing these precautions the patient may save himself a long and tedious sickness.

**CATARRHAL FEVER, OR INFLUENZA.** This fever, very disagreeable, but not very dangerous, often prevails as an epidemic. It usually sets in suddenly like a cold, and generally locates itself on the mucous membranes of the nose and bronchial tubes. The eyes sometimes suffer, and there is much “uneasiness about the throat.” Sneezing and coughing are very common marks of influenza. Not generally, but sometimes, the patient “is down sick” with it. A simple case of influenza soon runs its course, the cough remaining sometimes days and weeks after the patient passes the turn of the disease. Sometimes it is attended with considerable fever and debility.

*Causes.* Usually some peculiar condition of the atmosphere. Taking cold.



*Treatment.* Influenza is liable to run into dangerous complications, such as great soreness of the body, severe bronchial inflammation, headache, loss of appetite, and lung fever. The Aconite sweat is best in the outset. Or the treatment may consist of Ac. and Bry. given in alternation, two hours apart;—in very mild cases four hours apart. For severe headache give Bell. occasionally. If there are hot flashes, with some sweat, give an occasional dose of Mer. V. Ac. and Bry. are the leading remedies. Should complications occur, as *lung fever*, treat accordingly. If there is great soreness of the body, as though the patient had “been pounded,” give the sweat without fail.

**HAY FEVER.** Also called “Hay Asthma,” or “Summer Catarrh.”

*Cause.* It is supposed in the old countries to have its origin in the odors of hay. But this is, probably, mere guess work.

*Symptoms.* General discomfort, some fever, headache, weeping, sneezing, snuffling, and cough. It often returns in yearly periods.

*Treatment.* In severe attacks, give the sweat. Then treat the case with Ac. and Rhus. T., given three hours apart; between which times, if symptoms occur requiring other remedies, give them as intercurrents with these leading ones. Should the case assume an asthmatic form, give an occasional dose of Ars. Al., and also Cupr. For headache, give Bell.

**YELLOW FEVER.**—[*Febris Flava. Typhus Icterodes.*] The great mortality of this disease in the West Indies and American Atlantic cities, as far north as New York, is well known. Under Homœopathic treatment, it is shorn of its terrible and mortal power. The yellow fever,

in nature, does not seem to differ very much from the well known bilious remittents of higher latitudes. "In truth," says Da Costa, "the symptoms (of yellow and bilious remittent fevers,) are very similar, and many of them differ only in intensity." "The occurrence of the black vomit is not, of itself, a distinctive sign between the two diseases; for black vomit may be absent in yellow fever, and on the other hand, it may, although it rarely does, occur in the remittent fever, just as it has been known to occur in child-bed fever, in the plague, and even in typhus fever."

The yellow fever in its essential nature, is, then, very much the same as other malignant fevers of the bilious type, though its great malignancy may be increased by local causes. The author of this book has read good writers on yellow fever, and finds his own views of the nature of fever, confirmed by this examination. Says Dr. Wooster Beech, "In all cases where the debility is great, obstruction exists in some part of the system, but especially in the *skin*. Hence the insensible perspiration, by which several pounds of matter are daily discharged from the healthy subject, is checked, and the matter thus accumulated is retained in the system, or carried off by other channels, producing diseased action. The skin is especially inactive in yellow fever, and so is the liver; hence the bile, instead of being discharged into the duodenum, is distributed through the system, and reaches the skin, to be thrown off by perspiration, but as the skin is inactive, and perspiration consequently checked, the bile is retained at the surface. Hence the dryness and *yellowness* of the skin." A warm bath is recommended by this author to induce perspiration. He also adds: "All physicians who have attended a yellow fever case, will admit

that perspiration will save the patient." Dr. C. J. Hempel urges the importance of the "sweat," also, in the outset of the treatment, though he proposes to effect it by dry blankets wrapped all around the patient from head to foot, "with plenty of cold water to drink." In case no better plan could be adopted to induce perspiration, it would be well, of course, to resort to this; but the experience of the author leads him to recommend in this case, as in all others, where "to sweat" is the object, the mode given in this book. From this mode we would recommend no departure, when possible to adopt it. The author has conversed with several victims of yellow fever, who have survived the assault, and they all agree in testifying to the great relief which a free perspiration brings to the sufferers from this malady.

*Causes.* This is a disease of warm climates, and doubtless has its origin in local causes, while the danger of its spreading is very great.

*Treatment.* Begin with the Aconite sweat at once, and follow the treatment recommended for bilious remittent fever. So nearly do the features of yellow fever correspond to malignant bilious fever, we omit further notice of its symptoms and treatment, and counsel resort to efficient medical aid as soon as possible, instituting Home Treatment at once. "*Perspiration will save the patient.*" It is of the first importance to induce it.

LUNG FEVER.—[*Pneumonia.*] In this fever we have inflammation of the lungs, one or both, called double pneumonia, in the last case.

*Causes.* Cold, exposure, obstructed perspiration.

*Symptoms.* Chills; hot flashes over the body; headache; great difficulty of breathing; sometimes inability to take a long breath; cough, dry and short; pain in the

chest, attended with a sense of tightness ; sometimes the patient can lie on neither side ; pulse generally strong and quick ; sometimes the patient, from the commencement, is stupid ; the case may take on a typhoid type, hence the name typhoid pneumonia.

*Treatment.* Great relief comes from the Aconite sweat, which should open the treatment, unless Aconite can be conveniently given before. Some hot corn, or cloths wrung out of hot water, may be put about the chest.

After the sweat give Ac. and Rhus. T., each every other hour, for two or three days, and then use Bry. and Rhus. T. in alternation the same way. For headache give an occasional dose of Bell. ; for dizziness give Nux. V. two or three times a day. After about the third day of treatment, instead of Rhus. T., give Tart. E. as often as Rhus. was given before ; and two or three times a day give a dose of Phos. Should severe sweats come on, give Ac. Ni. and bathe the body in soap suds and wipe dry. Pay great attention to cleanliness, especially if the case assumes a typhoid character. For drink, water and lemonade. The leading remedies for lung fever are Ac. Rhus. T., Bry. Tart. E., and Phos. ; with, occasionally, as symptoms require, some one or two others, these are sufficient. Once established the disease generally runs its course, varying from seven to twenty-one days. (See Bleeding of the Lungs.

The *favorable* symptoms are relief in breathing, ability to lie on either side, free expectoration, natural sleep, return of appetite and strength. The *unfavorable* are excessive bleeding from the lungs, sinking, delirium, a mottled skin, death-like look, hiccough. In treating this, as every other case, should symptoms occur which are not noticed under the head of this, or other diseases,

consult the table of remedies. For instance, in a few rare cases the author has known a severe diarrhœa to set in with lung fever, but has always been able to check and control it with a few doses of Mer. V. between the times of giving some two leading remedies.

PLEURISY FEVER. PLEURISY. — [*Pleuritis.*] The pleura lines the inside of the chest and invests the lungs. When inflammation seizes on this lining it is a case of true pleurisy, and is a very painful and dangerous affection.

*Cause.* Obstructed perspiration; sometimes a chest injury.

*Symptoms.* Many of the symptoms resemble lung fever, and, indeed, we may have lung fever and inflammation of the pleura combined, in which case it is pleurapneumonia. The symptoms of pleurisy are of more acute suffering than in simple lung fever. A very severe pain confined to a small space often marks pleurisy; pains sharp, as though cut with a knife; very difficult breathing; cough short and dry; pulse quick; tongue parched and somewhat coated; often severe headache. The patient generally prefers to lie on the back, seldom on the affected side.

*Treatment.* Give the sweat, and then give Aconite and Ars. Al. in alternation an hour apart. In very severe cases give the Aconite every half hour, for three hours, then a dose of Ars. Al. the next hour, and in this order till the fever abates. Should the fever abate in a few days, Bry. may take the place of Ac. If the breathing should be very difficult and the pain severe, repeat the sweat, if the patient's strength is good. After a few days give Phos. and Tart. E., as named for lung fever. Two or three doses of Hep. S. may be given every day from the first, until improvement is manifest.

The unfavorable symptoms are a very sudden subsiding of pain, with a sinking of the pulse, and change of countenance.

**FALSE PLEURISY.**—[*Pleurodynia.*] This affection is often very painful, though not so dangerous as true pleurisy, as it consists of the inflammation of the muscles of the chest only. Still, it may be the prelude to true pleurisy, and should not be neglected.

**Causes.** Cold ; hard work, as chopping wood, by those not used to this labor.

**Symptoms.** Pain and soreness in the muscles of the chest, back, and neck ; difficult breathing.

**Treatment.** Sweat the patient. Bathe the chest with Arnica water, and let the patient take a drop or two of Arnica tincture in a little water, several times a day. Should there be much heat and fever, give *Ac.* once in three hours, and occasionally a dose of *Bry.* and *Nux. V.* between these doses of *Ac.*

If the case shows the signs of true pleurisy, treat as directed for that case. False pleurisy lasts but a few days.

**SCARLET FEVER.**—[*Scarlatina.*] This is an eruptive fever which attacks both children and adults, more generally children, and is well known and much dreaded. Under Homœopathic treatment it is rarely fatal, while under other treatment its fatality has passed into a proverb. It may be weeks from the exposure to coming down with it.

**Causes.** A poison. The disease is highly contagious.

**Symptoms.** Great heat of the skin, frequent pulse, sore throat, and a scarlet eruption. The patient may be quite unwell several days before the scarlet rash appears. This shows itself over most of the body, but generally first on the breast and neck. The skin is not only very

hot, but often itches, and may be swollen in parts. In four or five days the rash disappears, and in about a week the skin begins to peel off in thin flakes. The sore throat, sometimes called "canker," may come on before the eruption. In some cases this throat affection is very severe, and in others, but very slight. The tongue has a peculiar look. At first, usually, its borders are red, and the tongue furred, but soon the fur is cast off, and the tongue becomes very red, called sometimes the "strawberry tongue." If the throat is badly affected the breath is very fetid. In children, the disease sometimes sets in with convulsions. In all subjects there may be vomiting, stupor, and delirium. Should the case assume great severity, call a Homœopathic doctor.

*Treatment.* Upon the appearance of the above symptoms, commence with the sweat, and give Ac. and Bell. in alternation every half hour. Should the severity of the symptoms lessen, give these remedies once an hour alternately. Should there be great delirium, stupor, heavy breathing, or convulsions, use a few doses of Opium in place of Ac. For vomiting, give an occasional dose of Ipecac or Ant. Cru. If the skin is very hot, dry, and red, give two or three doses of Hep. S. daily. Bathe often, sometimes with weak brine, and keep everything clean and wholesome about the patient. Gargle the throat often, if very sore, with a wash made by putting a little Kali. Bi. in water, just enough to turn the water to a good straw color. It takes but a speck of this drug to make this gargle strong enough. Put a cloth wet in salt water and vinegar about the neck, and keep it there for several days, but wet as often as it gets dry.

If the patient fails in strength, and the appearances are of a typhoid character, give an occasional dose of Ars.

**Al.** And if the patient remains weak and low, after the fever passes off, support the system with a little wine, or lemonade with a little brandy in it. The author believes that patients sometimes die, after the violence of the disease is over, for the want of a little stimulus. Of course it should be used very cautiously, and if the patient bears it well, the quantity may be increased. For diarrhoea give Mer. V. For cough, Phos. Scarlet fever, especially, if badly treated, is apt to leave the patient subject to other affections, such as deafness and dropsy. Diphtheria may be a complication of scarlet fever, and it is because the gargle we name (which the author's numerous patients who have used it call the "yellow gargle, or wash,") is adapted to almost every form of throat and mouth affection, that it is recommended in this case. It can do no harm, and may be of great value. Should the neck swell, after the violence of the disease is over, give Ars. Al., and should dropsy ensue, local, or general, give Apis Mel. Bell. and Ac. are the main remedies in this disease, and especially should Bell. be used, daily, as a preventive, when the disease is abroad and exposure to it is possible.

Should any other affections than those named, arise, during the progress of this disease, or subsequently, consult the table of remedies.

**SCARLET RASH.** This is not the pure scarlet fever. The rash is of a darkish hue, and in passing the hand over the skin, little elevations are felt. There may be some soreness of the throat, especially if there should not be much eruption. This disease may appear in complication with small pox or measles.

*Causes.* Perhaps the same as produce scarlet fever.

*Symptoms.* Pain in the head and different parts of the



body, with symptoms somewhat like scarlet fever; hot, itching skin; sometimes a sour, offensive sweat.

*Treatment.* Ac., and, in some attacks, the sweat. If scarlet fever symptoms appear, treat as directed for that disease. It will be well to give Ac. and Bell. every few hours in alternation. When this disease goes with other diseases, its treatment will be dependent on the condition of the patient when suffering from them. In a simple case of scarlet rash, Ac. is the main remedy, but if symptoms arise requiring other remedies, consult the table, and make a selection appropriate for them. For itching skin, bathe in weak brine, or weak white lye.

MEASLES.—[*Rubeola.*] This disease, if mild, requires but little treatment, but it sometimes assumes a very severe and dangerous character. Under Homœopathic treatment it is not often fatal.

*Causes.* Some poison. Is very contagious, but seldom, if ever, attacks a person the second time. Persons exposed “come down” in from seven to fourteen days.

*Symptoms.* Before the eruption, the patient has watery eyes, sneezes and coughs occasionally, and has the symptoms usual in a hard cold. There is considerable fever. There may be pains and increased pulse. The rash appears about the fourth or fifth day of the illness, usually showing itself first on the face and neck. The cough may be very hard, constant, and somewhat distressing, and may last after the patient begins to mend and is about his business. From three to five days after the eruption comes out, it gradually disappears in the order in which it came on. The great danger of measles consists in a slow and partial eruption, or its sudden disappearance, when the lungs are apt to become deeply involved. This sudden retrocession of the measles is very often owing to

bad management and exposure, and in one case, given over to die, which the author subsequently treated and cured, the mishap came from bathing the patient very freely in *cold* water. Bathing, in eruptive diseases, should not be with cold water.

*Treatment.* Ac., and in severe cases, give the sweat, especially should the eruption be delayed, or should it disappear too suddenly. Ac. may be given every three hours during the sickness, and between these doses, should symptoms arise requiring other remedies, they may be given as intercurrents. For hard cough, or delaying eruption, give an occasional dose of Bry. or Tart. E. If inflammation attacks the throat give Bell. Also, give Bell. if there is headache, or the eyes become inflamed, or look glassy. Should the cough last long, give Phos. occasionally, as directed for lung fever, and should diarrhoea supervene, give Mer. V. Should the case bear marks of scarlet fever, especially in respect to the condition of the throat, use the "yellow gargle," and put a cloth around the throat, wet as directed in that case. If the case should assume the form of lung fever, treat accordingly. Diet, light and simple.

**SMALL POX.**—[*Variola.*] *Causes.* A very contagious poison. It may be from six to twenty days after exposure, if the disease is taken, before it will manifest itself, but generally in about ten days.

*Symptoms.* Chills; fever; headache; back-ache; "aches all over;" sickness at the stomach; great restlessness. The fever is increased in the latter part of the day. At the third or fourth day, as a general rule, the small pox eruption shows itself on the lips, face, or chest, and soon covers the body, and finally the limbs. The eruption has the appearance of pimples, somewhat, and

at the top of each soon appears a little blister, or watery point, which gradually becomes enlarged, and fills up with a thick, milky fluid. About the eighth day, the matter begins to ooze from the edges of these pimples or sores, and the fever, which may have abated somewhat, comes on again, called at this stage, "secondary fever," which lasts a few days, during which time these sores are broken down, and crusts begin to form, and as they dry, they fall off, and a new, red skin is disclosed. (Where these sores are very numerous and run together, and appear almost all over the body, we have *confluent* small pox, a very severe form.) The head and face often swell considerably, sometimes so as to close the eyes.

*Treatment.* Give the Aconite sweat in the outset, and treat the case mainly with Ac. and Bell. in alternation, one hour apart. If the breath is very foul and the mouth quite sore, give Mer. V. occasionally. For dry, hot, and itching skin, give a few doses of Hep. S., and sponge the body with blood warm water, made soft with saleratus. Should the eruption be delayed, or come out tardily, give Bry. instead of Bell. for a few days, and if there is a cough or hard breathing, give Tart. E. between giving the leading medicines. If the eruption tends to recede or fade away too soon, give Hep. S. a few times. Sometimes the eruption may become very putrid; if so, drop Ac. and give Ars. Al. or China, for twelve or fifteen hours. Lemonade and water for drink.

Keep the patient clean as possible, and change clothes often. Diet light. If the bowels are costive, give injections to move them.

Many plans have been suggested to keep the face from pitting, always desirable, especially with females. A plan highly recommended, is to put a mask on the face,

composed of three parts carbonate of Zinc, one part oxide of Zinc, stirred up in sweet oil, so as to make a very thick paint. Before the eruption takes place, spread this over the face, and down on the bust, if a female. Leave a little place uncovered at the eyes, nostrils, and mouth, and patch this mask every day, where needed, with some reserved for this purpose. Be careful not to injure the mask, and let it come off of itself. Another plan is to cover the face with sweet oil, which will hardly do as well as the other. Exclude strong light from the patient, and if there is danger that he may scratch his own face, tie the hands up in cloths.

N. B. Should the disease assume the form of lung fever, or typhoid fever, consult the treatment given for those diseases.

MODIFIED SMALL POX.— [*Varioloid.*] Varioloid attacks those who have had small pox, or have been successfully vaccinated. Sometimes varioloid is fatal, though it may be often very mild.

*Causes, symptoms, and treatment,* the same as for small pox. That vaccination will in most cases completely protect the system from small pox, or greatly modify its violence, is now well known. Get pure vaccine virus, obtained from subjects who have no itch or syphilis, or any other foul disease, and prick a little of the matter, softened with a little water, under the skin of the left arm, if right handed, and if not, the reverse. The operation is very simple, and if it fails once or twice, try again; and when small pox is around, or convenient, try the operation, even if it worked well years before, as there is a possibility that what seems to be a good vaccination is not, and it is possible, in the course of years, even the genuine may “run out.” Very young children, babes

even, may be vaccinated. Whooping cough, it is claimed, will be removed by vaccination, and also, mother's marks, if the vaccine virus is pricked in them, which, if true, (and so says authority,) is quite an important matter. In vaccinating, it is thought best by some to put the matter in three or four places. The signs of successful vaccination are as follows: At the end of the second day a small spot appears; at the third or fourth day, the spot has a little point of watery appearance; at the fifth or sixth day the point shows matter is forming there; on the seventh day an inflamed ring forms around it; (the eighth day is the proper time to take matter from the sore to vaccinate others;) after the ninth day the sore begins to lessen, and gradually forms a hard, dark colored scab, which falls off about the twentieth day. The scab, if from genuine vaccination, is round, smooth, with regular borders, with a whitish surface, about a quarter of an inch in diameter. The scab may be kept a long time, by being sealed up in wax. It answers every purpose for vaccination while it retains its virtues.

**SICKNESS FROM VACCINATION.** Sometimes, probably, in some cases, from bad matter, persons are quite sick from a vaccination. They are quite feverish, or the arm inflames and swells and pains them badly, or they may be sick at the stomach. For the fever, use *Ac.*; for swelling and pains, *Arnica*, externally (in a wash,) and internally, and for sickness at the stomach use *Ipecac* or *Anti. Cru.*

**CHICKEN POX.**—[*Variola Spura.*] This disease bears so much resemblance to small pox, that some regard it as in nature the same. Probably a mistake.

*Causes.* Some poison. Contagion.

*Symptoms.* Slight fever. The eruption appears

about the second day, and continues to appear and disappear in successive crops. The watery pimples do not often mature, as in small pox. The pimples may be very numerous, and even invade the mouth. It is not a dangerous disorder. In four or five days the eruption disappears.

*Treatment.* Ac. and Bell. may be alternated every hour, as there is often considerable fever, and the head often is the seat of pain. Should symptoms come on resembling small pox, treat as directed for that. Should the eruption seem to appear too slowly, or pass off too soon, and there should be a tendency to convulsions, instead of Ac. give Hep. S. for a few hours. If there is difficulty in passing water, give an occasional dose of Canth.

NETTLE RASH. HIVES.—[*Urticaria.*] *Symptoms.* An eruptive disease, showing itself in prominent and smooth patches, the color of which may be either whiter or redder than the skin, generally. The patches look like those caused by the sting or poison of nettles. They have a wheel-like form; they itch and tingle. They disappear in a few days.

*Causes.* Indigestion. Some kinds of fish, if eaten, produce this affection on certain ones. It is not a very dangerous disease, though at times uncomfortable.

*Treatment.* Apis. Mel. and Rhus. T. are the principal remedies, and should symptoms occur which call for other remedies, consult the table.

PRICKLY HEAT. RED GUM. A red rash breaks out over the neck, body, face and cheeks, (usually with children,) which goes by these names. Keep the child cool and give Ac. and Cham. If the child itches, wash with tepid water, or weak lye.

**ERYSIPELAS.** [*St. Anthony's Fire.*] This is an eruptive fever which is attended by inflammation of the skin, often in clusters of little blisters, generally of the head and face. Some persons are very much disposed to this affection.

*Causes.* Cold; check of perspiration; possibly contagion; and sometimes wounds or injuries.

*Symptoms.* This disease ordinarily commences with a chill and fever, though it may show itself with other diseases during their progress. The affected part soon becomes hot and red. The disease spreads in some cases over the waist or shoulders, in which case it is called Shingles, and sometimes all over the face and head. The face and head may swell as the disease increases, until the features may be almost obliterated. Sometimes the disease is very malignant, seats deeply in the skin, affects the brain, or goes to the throat and bronchial tubes. The fever may run very high. The skin sometimes maturates. The sensations are of burning and itching. Pulse higher than usual. Coat often on the tongue; occasionally delirium.

*Treatment.* Ac. and Rhus. T. in alternation every other hour. The Aconite sweat will do no harm, and if there is much general heat and high pulse, it had better be given. While these are the leading remedies, some others may be required from time to time, as, should there be swellings which are evidently bound to form matter and discharge, they should be poulticed with some simple poultice, as wet bran, or bread and milk, and when ripe enough to discharge matter, they may be lanced, or let alone, they will break of themselves.

For shooting pains, heat and itching, great swelling of the head, headache and delirium, use Bell. as often as

needed, between giving the leading remedies. Should the joints swell or be painful, give an occasional dose of Bry. Should the skin assume a blackish hue, or the patient become much prostrated, give Ars. Al., instead of Ac.; once a day give Apis Mel. Except to keep the patient clean, with soap and water, no other outward wash should be used but Arnica; this use freely, and prepare it by putting about twenty drops of the mother tincture in half a teacup of soft water, and with this bathe the affected and "burning" parts. Cloths may be wet in Arnica water, prepared in this way, and laid on the affected parts. The affected parts may be covered with a cotton-bat, or fine starch may be sifted over them. Should a cough complicate the case, give Hep. S. or Tart. E., one or both. Keep the bowels open with injections.

SPOTTED FEVER. [*Cerebro Spinal Meningitis.*] Doctors call this a "strange complaint," and are very much mystified as to its nature. As to its great mortality, under the common treatment, there is no doubt. Where the author resided in the years 1864-5-6, it prevailed very extensively, particularly in '64. Many died, some in seven hours from the attack. In one family five died within a few hours of each other. The average mortality of two years was compressed into two months. It was no uncommon thing for several victims of this disease to be sick, or dead, in different families at the same time. The writer of this book had all he could do for several weeks, day and night, in treating this terrible malady. He was entirely successful; he never lost a case; a success probably, considering the scores he treated, without a parallel. The reason of this success the author attributes to his well settled views as to the nature of fever,




and the course to be pursued in treating it, under whatever guise it may appear, or by whatever other name it may be known. A disease, called "spotted fever," has prevailed at different times and places in this country, during the present century. In Vermont from about 1810 to '15 it was very fatal. It has since prevailed in different parts of New England, also in New York, Pennsylvania, Illinois, Iowa and other States. How nearly the "spotted fever" of 1810-15 of Vermont would correspond with the disease of this name in 1864, is more than we shall presume to say. One thing the author can say, and that is, of the many scores of cases he has treated, although they all have had some symptoms in common, there never were two cases wholly alike.

*Causes.* Unknown ; but probably some peculiar state of the atmosphere.


*Symptoms.* Pain in various parts of the body, joints, limbs, neck, head, and even toes. The back of the head and neck usually suffer the most pain. The neck is often stiff, and the head is drawn back to a shoulder, generally the right, but sometimes the head may be drawn back between the shoulders. This pain in the back part of the head and nape of the neck are symptoms which the author thinks have never been wanting in any case he has seen. The eyes are often set in the head, or the pupils may be dilated, one or both. The skin has sometimes a dead or numb feeling. There is, besides the rigidity of the neck muscles, more or less paralysis, the arms or legs being fixed in various positions, so as to be immovable. The senses usually remain for hours unimpaired, though, as there is often a good deal of stupor, it is sometimes difficult to arouse the patient to use his

intellectual faculties. The tongue is red at its tip and edges, but the general surface is thickly coated; there may be wild delirium; pulse generally strong and quick; obstinate constipation; sometimes little sore throat; usually great pain in various parts of the body, calling forth groans, moaning and lamentation. In some cases the patients insist on dying, and will predict their own death and even set the precise time. The back of the neck and head, in almost every case seen by the author, was unnaturally hot. Sometimes the skin is very red, like the shell of a boiled lobster, sometimes very pale and deathlike. It is often very sensitive. The disease, unless arrested, usually soon runs a fatal course.

*Treatment.*  NEVER neglect the Aconite sweat. Then give in alternation Ac. and Bell., and in severe cases, only a half hour apart. These are the leading remedies. To ease the neck, as well possibly to aid in preventing the blood from rushing as fully to the head as it is inclined to, place at the back of the head and neck cloths wet in cold water, (ice water if you can get it,) and change as often as they get warm. This is an important suggestion. In one case given over to die, under the old style treatment, the patient was screaming so loud from this neck and head pain, the author heard her several rods from her house. The first thing was to apply this cold application to the back of the head and neck, and then to give the Aconite sweat. A comfortable night and ultimate recovery were the results. Besides Ac. and Bell., some other remedies may be required. For obstinate constipation use injections; for great soreness of the skin, the patient sometimes screaming if even gently handled, give an occasional dose of Nux. V., and bathe the body with Arnica water. Watch the throat,

as diphtheria may complicate the case; if so, conform your treatment accordingly. For vomiting, give Anti. Cru. or Ipecac. Should lung fever or pleurisy complicate the case, modify treatment as required. Should there be much stupor, with cold skin, and sinking symptoms, give Ars. Al. For bloody urine, use Canth.

In conclusion, we say *give the sweat*. If you have no Aconite, use Lobelia; if none of that, Boneset tea; if none of that, hot toddy, or any herb tea that you know to be harmless, and can get. Vermonters in 1810-15 cured themselves—(the doctors failing so often they lost confidence in them)—by sweating the sick over hot water, in which hemlock boughs had been boiled. Commence treatment at once, or death may ensue before a doctor can be obtained. Far better trust this treatment, under your own administration, than resort to other systems, which in this, as in many other diseases, have been “weighed in the balance and found wanting.”

 Where the sweat is recommended and for any reason is not given, give the remedies, as directed, to follow it, in this and all cases.

INFLAMMATION OF THE BOWELS. [*Enteritis. Peritonitis.*] We consider the inflammation of the intestines and the lining coat of the abdomen together, because they are very much alike; also the treatment. Either is a very grave complaint, and when both are combined the danger is great. In inflammation of the bowels the advice of a Homœopathic physician should be obtained, but the treatment we give should be instituted without delay, and continued, until by proper advice, it should be deemed expedient to modify it.

*Causes.* Sudden check of perspiration. Change of clothing. Constipation. Strains or injuries.

*Symptoms.* Violent pain in the bowels, increased on pressure ; high fever ; vomiting, perhaps ; bowels usually constipated ; swelling of the bowels ; the knees usually draw up ; the weight of the bedclothes unbearable ; headache ; coated tongue, and red at the tip, edges, and sometimes in the centre ; the bowels feel tight ; breathing may be difficult ; cough may cause pain in the bowels ; the pain is sometimes of a stinging or tearing nature ; considerable thirst ; pulse usually quick, but not very full.

*Treatment.* Give, while the patient is strong, one or two Aconite sweats. Use for the leading remedies Ac. and Bry., in alternation every other hour, or oftener, in very severe cases. Use injections to move the bowels ; but no irritating cathartics. Put cloths wet in tepid water, or Arnica water, on the bowels. For vomiting give Ant. Cru., or Ipecac. For sinking and cold conditions give Ars. Al. Should diarrhœa ensue, give Mer. V. While other than the leading remedies may be used, they should not be omitted for over two or three hours, in very severe cases. For pain in the head, give Bell. or Nux. V. Keep the patient quiet as possible, and let the drink be water or lemonade. The food very light. Should symptoms arise in the course of the sickness, not here named, consult the table of remedies, and make a selection.

INFLAMMATION OF THE STOMACH.—[*Gastritis.*] In pure gastritis we have only the stomach involved, but this disease may co-exist with inflammation of the bowels and peritoneum. Under these circumstances the danger is very great, and the treatment should be prompt. Gastritis may come on suddenly, or it may exist as a chronic malady.

*Causes.* Iced water in hot weather ; poisons taken in the stomach ; intemperance in the use of liquors ; emetics and irritating medicines ; cancer of the stomach.

*Symptoms.* Burning or shooting pain in the stomach ; vomiting ; inability to keep even light food or water down ; there may be constipation or diarrhœa ; tongue red on the tip and edges, but coated at the roots ; the throat may be sore ; pulse small and weak ; extremities cold ; weakness ; great anxiety and restlessness ; sometimes fainting, spasms and convulsions.

*Treatment.* For an acute attack treat as for inflammation of the bowels, except for Bry. use Ars. Al. Do not crowd the stomach with food or drink. Should the vomiting be excessive, give the medicines dry on the tongue, when they can be so given, for which see the article on the size of the dose. The reason why this is best is because the smallest quantity of water will sometimes induce vomiting. Put cloths wet in Arnica water over the stomach. Let the patient have all the rest possible, and but little of the simplest kind of food.

For *chronic* gastritis, the best remedies are Ac. Ars. Al. and Apis Mel. each once a day. Look to the cause : If intemperance, “touch not” the unclean thing ; if drugs, do any other way than let out your stomach for an apothecary shop, for if you do, you will have an uncomfortable tenant.

COLIC. Of this affection there are Wind, Bilious and Painter’s. Children are most subject to Wind Colic.

*Causes.* Acid or sour food ; metallic poisons ; an unhealthy condition of the liver ; worms in the intestines ; constipation ; dyspepsia ; strains.

*Symptoms* of flatulent or wind colic. A sense of fullness in the stomach and bowels ; vomiting, or attempts to vomit ; great distress ; desire to change position often ; rumbling sounds in the bowels.

*Treatment.* For wind colic, give the patient warm

water to drink, and Nux. V. every hour. Keep the patient warm in bed. For vomiting give Ipecac.

*Symptoms* of bilious colic, like the others, except, if the patient vomits, what he throws up has a greenish color, and is bitter to the taste. Pain may be all through the bowels, but generally most severe at the navel. There may be much fever, high pulse and great thirst. It is a severe and very prostrating disease. Treatment below.

*Symptoms* of painter's colic. This comes on more gradually than the other forms, but once established, its pains and agonies are very similar, though often more intense. The muscles of the belly may be contracted into hard bunches or lumps. Sometimes the urine is suppressed. The symptoms are very grave.

*Treatment.* The Aconite sweat in severe cases is the first thing. Some authors recommend a warm bath. This is very well, but not always at hand. The Aconite sweat can be administered speedily. Moreover, the sweat in bed is the best. Dr. Beach says, "I have seen the system in such a state, under the influence of bilious colic, that nothing could be made to pass the bowels until perspiration was promoted." After the sweat give Nux. V. and Cham. an hour apart. Should there be vomiting, give Ipecac or Anti. Cru. Should there be a hot skin and fever, give an occasional dose of Ac. If there should be matter vomited up like that which passes the bowels in a natural way, give one or two drops of Lobelia, once in two or three hours. Should the bowels become cold, and sinking conditions ensue, give Ars. Al. instead of Nux. V. For suppressed urine give Canth. or Apis. Mel. Repeat the sweat if necessary, unless the patient gets so weak he cannot stand. The colic, in severe attacks,

requires prompt and vigorous treatment or it may prove fatal. Open the bowels with injections. Persons taken with colic away from home should use the leading remedies, Nux. V. and Cham., and others if needed. A dose or two of Col. will often relieve children, and also adults, of simple belly ache.

#### INFLAMMATION OF THE BLADDER. [*Cystitis.*]

*Causes.* Use of acids; stone in the bladder; fly blisters; constipated bowels; disease of neighboring organs; injury; hard water.

*Symptoms.* Burning pain at the lower part of the belly; a constant desire to make water, which is often impossible; great desire to get to stool: sometimes sickness and vomiting; if urine is discharged, it is in small quantities, and sometimes bloody. There may be fever. The pain in the bladder, from distension, is often very great.

*Treatment.* Let the patient sit in a tub of warm water for a half hour or so. This will often start the urine. Give Canth. every half hour, and if there is much heat over the bladder, give an occasional dose of Ac. Move the bowels with injections. An occasional dose of Apis Mel. may be given, and pumpkin-seed tea may be drank freely. Should these means fail, and the case look as though the water must be drawn, send for a doctor. In a few neglected cases, the catheter must be used. In chronic cases, it may be often required, particularly if proper remedies are not used, the principal of which are Canth., Apis Mel. and Nux. V.

#### INFLAMMATION OF THE KIDNEYS. [*Nephritis.*]

*Causes.* Similar to those causing inflammation in the bladder.

*Symptoms.* Great pain in the small of the back,

shooting along the hips to the bladder ; sometimes thick, hot, highly colored or bloody urine ; pain in the bladder ; the testicles of one or both sides may draw up.

*Treatment.* Ac. and Canth., each several times a day, in alternation. Wet cloths to the back. Consult a good Homœopathic doctor if these fail to help the case. In hard cases give the Aconite sweat.

**INFLAMMATION IN GENERAL. BRUISES.** Wherever located, water applications externally, when they can be used, and as a general rule, Ac. as an internal remedy. For bruises, use Ac. and apply Arnica water to the injured parts. In very severe bruises, as from falls, blows, or kicks, the patient feeling very sore and unable to move, though no bones may be broken, the Aconite sweat gives great relief.

**ACUTE INFLAMMATION OF THE LIVER.**—[*Hepatitis.*] The liver lies mainly on the right side, and is a very large and important organ, portions of which may be the seat of acute or chronic inflammation.

*Causes.* Hot countries seem to be the localities for most cases of this kind, though cases are met with elsewhere. Intemperance may be a cause.

*Symptoms.* Pain in the right shoulder and side. A sense of weight or fullness in the right side ; deranged bowels ; tongue coated ; loss of appetite ; vomiting, or disturbance of the stomach ; difficult breathing ; hot skin ; dry cough ; usually the patient prefers to lie on the left side ; there may be very high fever and intense thirst ; constipation or diarrhœa ; occasionally the skin may be yellow. The danger in this disease is that the liver may become disorganized, or that matter may form in it. After an abscess has formed, the danger is great, though it may burst, even internally, and the patient survive.



It may be discharged from the walls of the abdomen externally. Sometimes there is great prostration and delirium.

*Treatment.* For high fever, give *Ac.* every two hours. If the bowels are constipated, give *Nux. V.* or *Hep. S.* in alternation with *Ac.* For diarrhœa give *Mer. V.* If the pulse is slow, give a dose or two of *Dig.* For sinking stages, give *Ars. Al.*; for vomiting, *Ipecac*; for a bitter taste in the mouth, a few doses of *Po.* Should the fever run very high, and the patient is not very weak, give the *Aconite* sweat. Diet, very light.

**CHRONIC LIVER COMPLAINT.** An acute liver disease, though it may be quite slight, may gradually pass into the chronic form, and make a life long trouble.

There are various Hepatic affections, which are classed under the name "Liver Complaint," a phrase sometimes convenient to cover up the ignorance of the doctor. The liver may be charged with conditions of discomfort, of which it is not guilty.

*Symptoms.* If there is a dull, heavy pain in the right side, just below the lungs, which is increased on pressure, pain in the right shoulder, the skin dry and of a yellowish hue, the stools whitish in color, the right side where the liver lies much larger than the opposite side, a short cough, some fever, and a slow and imperfect digestion; and if these symptoms, or most of them, remain constant for weeks and months, the evidence is clear enough that the liver is involved in disease, of a chronic character. Co-existing with liver complaints, if not dependent upon them, we may have palpitation of the heart, vomiting of bile, dizziness, and headache.

*Treatment.* *Ac.*, *Nux. V.*, *Ars. Al.*, and *China*. They may be taken as follows: *Ac.* at 10 A. M., *Nux. V.* on

going to bed ; this course for day No. 1. For day No. 2, Ars. Al. at 10 A. M., and Nux. V. at night. Day No. 3, China at 10 A. M., Nux. V. at night. Should symptoms arise which would seem to call for other remedies, consult the table, and make the selection, to use between giving these leading remedies. Intemperance leads to some of the worst forms of liver diseases—the “*fatty liver*” being one of them. Abstinence, if intemperate, must be enjoined, if recovery would be attained ; and all “*bitters*,” however puffed and extolled, must be let alone. The food should be plain, and such as best agrees with the patient. Out door exercise, frequent bathing, and travel may be advised, when able. A sea voyage has been known to work wonders in curing old standing liver complaints.

**JAUNDICE.** Known by yellow skin and eyes. Treat as for chronic liver complaint, with the addition of Mer. V. Bathe often.

**INFLAMMATION OF THE BRAIN.**—[*Phrenitis*.] This is a very serious malady, and while the services of the skillful doctor should be sought, the treatment may be commenced without delay.

**Causes.** Anything which tends to determine the blood from the extremities to the head ; fits of passion ; injuries to the head ; repulsion of skin diseases ; hot sun ; intemperance.

**Symptoms.** The disease sets in, frequently, with a sensible chill, then heat, or a flushed countenance ; the head aches violently ; the throbbing of the large arteries is distinctly felt ; delirium gradually comes on ; at times the patient may be wild, then stupid ; the breathing is usually deep and slow ; while the head is hot, the extremities are cold ; the pulse is generally small and quick ; the

patient may imagine that somebody, perhaps evil spirits, wish to harm him.

*Treatment.* The main thing to be accomplished in this case is to relieve the head of the horrid pressure of blood to it, of which the patient complains. To do this, keep cloths wet in cold water, all over the head and back of the neck. Give the Aconite sweat, and rub the legs and arms well, when through with it. Keep hot corn, or jugs of hot water to the feet, after the sweat is over. Give, after the sweat, Ac. and Bell. in alternation, an hour apart, or oftener, in bad cases. Should the brain become relieved, and yet the case run into any form of fever, treat accordingly. Repeat the sweat, if needed, and the strength is good. Should the breathing be loud and heavy, or the patient become very stupid, give an occasional dose of Opium, instead of Bell.

DELIRIUM TREMENS.—[*Mania a Potu.*] This is a brain fever of drunkards and opium eaters. Most liquors used now are most villainously poisoned. Formerly, when liquors were pure, people drank freely, got drunk, and got over it. Now, people not only get drunk, but crazy.

*Symptoms.* The complaint comes on by degrees. There is great uneasiness, the patient walking hither and thither, without any apparent object. He is talkative, is the victim of imaginary foes, raves, thinks snakes are after him, thinks he sees devils; in a word, is a madman.

*Treatment.* The main remedies must be Opium, Nux. V., Bell. and Ver. Vi. Though these remedies may not subdue the delirium at once, they will aid in bringing the brain into a natural state, and also aid in preventing fits of epilepsy. The Opium may be omitted in case of opium eaters. The remedies should be given, if possi-

ble, on the first appearance of this disease, every ~~part~~ in the order they are named.

**INFLAMMATION OF THE BRONCHIAL TUBES.**—[*Bronchitis.*] Inflammation of the wind pipe and its branches may be acute or chronic. Neglected or badly treated in the acute, it may run into a dangerous chronic stage.

*Causes.* Cold and variable climates, especially cold, damp climates. Excessive speaking or singing.

*Symptoms.* Commences, often, like a common cold. Some cough; tightness of the chest; breathing causes a rattling, wheezing sound; breathe easiest in the erect position; pain in the throat; what is raised looks like the white of an egg, or bloody, yellowish, or greenish masses; the strength fails; the head aches; the skin dry; there may be drowsiness; tongue whitish; often considerable fever.

*Treatment.* Ac. and Lobelia an hour apart. If the cough is very dry, give an occasional dose of Spong. If the cough is hard and tearing, give Hep. S. If the neck swells, as in goitre, give an occasional dose of Iodine. If there is much fever, give the general sweat; if not, sweat the neck, by putting cloths wrung out of hot water around it. For night sweats give Ac. Ni. Should the case assume the form of lung fever, treat as for that. Consult the table.

**INFLAMMATION OF THE LARYNX.**—[*Laryngitis.*] The larynx is at the upper part of the wind pipe, and makes up the organs of the voice. The disease may be acute or chronic. In the chronic form, it is "sore throat."

*Causes and Treatment,* as given for bronchitis. Should the disease assume the symptoms of croup, modify as needed.

*Sore Throat,* or chronic Laryngitis, requires effectual

treatment, or the sequel may be, incurable throat and lung affections. In this affection there is often severe pain and loss of voice ; often decline of the general health. The best treatment is to seek the climate that best agrees with the sufferer, careful use of the vocal organs, wet cloths about the neck at night, and every day, two hours apart, use Ac., Bell., Ac. Ni., and Mer. V. Gargle the throat with a weak solution of Kali. Bi. In a bad case, get advice.

WHOOPING COUGH.—[*Pertussis*.] *Cause*. Contagion.

*Symptoms*. Difficulty of breathing ; hoarseness ; more or less convulsive cough, attended with the “whoop” sound. The cough may be so hard as to cause blood to come from the nose or ears. It may run weeks or months.

*Treatment*. If there is much fever, give Ac. Generally, except good care, all that will be needed, is an occasional dose of Bell. If the disease should assume the form of croup, see the treatment for that.

ASTHMA. An affection of the lungs, generally coming on with spasms, and mostly at night. It is often associated with dyspepsia, or some affection of the heart. When there is a good deal of discharge from the lungs, it is called humid ; when but little, dry asthma. It is a very distressing, and sometimes, an incurable disease, though but few cases are ever so bad they cannot be ameliorated by good management and judicious treatment. Where it proceeds from an hereditary predisposition, or mal-formation of the chest, an absolute cure is not easily attained.

*Causes*. Some of the causes which tend to bring on asthma, especially in cases of predisposition to it, are severe mental emotions, violent exercise, change from cold to warm weather, dyspepsia, increased action of the

heart, water in the chest, general debility, dust, smoke, noxious vapors, cold on the lungs, and violent passions.

*Treatment.* To avoid all excitable causes is the dictate of common prudence. Generally, if dyspepsia is present, the cure of that will relieve asthma. The chest should be expanded as much as possible by throwing the arms and shoulders back, as a daily exercise. Shoulder braces, which draw the shoulders backwards, may be worn. In severe cases, where there is great difficulty of breathing, the Aconite sweat will afford relief. The feet should, at any rate, be put in warm water, and the blood equalized as much as possible. Ac., Lobelia, and Hep. S. are the leading remedies in asthma. They may be given in the order named every hour. Ipecac may be given occasionally, and for other symptoms as they arise, consult the table, by which an appropriate intercurrent remedy may be selected to use, while the leading ones are faithfully given. In a good many cases, as where the breathing is much obstructed, Cupr. (see table) is an excellent remedy. Paper, saturated in salt petre water and dried may be smoked, to relieve spasms. Also, Stramonium (thorn apple) leaves.

**SPITTING OF BLOOD. VOMITING BLOOD.** If the blood comes from the lungs, it will be of a bright red color.

*Treatment.* A teaspoonful of table salt swallowed in a little water will generally arrest these troubles. Ham. V. is the leading remedy, and should be given every half hour. A fourth of a teaspoonful in half a tumbler of water, well mixed, is the best way to prepare it for use. Keep the feet warm. If there is soreness in the chest or stomach, one or two drops of the mother tincture of Arnica may be stirred in a tea-cup of water, and a tablespoonful taken every hour or two.

**BLOOD FROM THE GUMS.** Ham. V. prepared as given in the foregoing article, is the main remedy.

**NOSE BLEED.**—[*Epistaxis.*] This occurs in some fevers, and is not, of itself, an unfavorable symptom. Sometimes it becomes almost a habit with those who are well. Cold water applied to the nose and back of the neck are well known, and, usually, efficient remedies. Ham. V., as for other bleedings, may also be used. Raise both arms over the head, and keep them in this position several minutes.

**VOMITING.** The main remedies for vomiting, under almost all circumstances, are Ipecac and Anti. Cru. Lobelia will, also, sometimes, act like a charm with young children, when given in the small dose. When liquids are used, where the vomiting is excessive and hard to be subdued, they should be just dropped on the tongue, or the medicine, if in powder or pellets, may be given dry on the tongue. This is an important suggestion. In cases where the vomiting seems to proceed from some poison taken into the stomach, as with new beginners in the use of tobacco, or from some unwholesome article of food, it is simply nature's way of declaring that "An empty house is better than a bad tenant." Indigestible food, poisonous confectionary, and bad liquors, may be safely left to this mode of treatment. Where vomiting proceeds from some affection of the stomach, or from some disease, affecting the stomach by sympathy, the case is different, and requires attention.

**ASIATIC CHOLERA. MALIGNANT CHOLERA.** Malignant Cholera is of Asiatic origin, but has become so far Americanized, that we may expect, in time to come, occasional visitations of "the pestilence that walketh in darkness and wasteth at noon day." With the "thou-

sand and one" theories of what it is, and whether contagious or not, we shall not trouble the reader, as these points seem yet to be unsettled in the medical world. We know cholera kills its thousands; we know when once established in a locality it spreads, by some means; we know, that, in a few hours, those who were regarded as well, are numbered among its victims; and we know, that cholera is, to a great degree, a disease, which by prudent measures, cleanliness, and disinfectants, may be *prevented*.

During the prevalence of cholera, some people seem to lose their senses, and are frightened into an attack of cholera. Some unwisely change their diet, or go to dosing with drugs "to keep it off." The proper course is, to keep on the even tenor of our way, never over anxious, but always duly cautious and prudent.

*Causes.* The remote causes are hid in doubt; but the predisposing causes are intemperance in eating or drinking; unwholesome food; unripe vegetables; odors from decaying matter of any kind; excessive fatigue; fright; and any thing which tends to derange the stomach and bowels. Of course prevention is all important.

*Symptoms.* Giddiness; headache; wind in the stomach; cold chills; sickness at the stomach; diarrhœa; vomiting; severe colic; griping pains; cramps, causing great agony; coldness of the body, even when the patient complains of heat; all power of keeping up the natural heat appearing to be lost; intense thirst; great prostration; anxiety; blue lips and skin; in the latter stages, the pulse nearly gone. From their resemblance to rice water, the stools go by this name, yet they do not always resemble rice water, but may be of a darker color. The evacuations from the bowels are often very profuse, as



are the discharges from the stomach. The premonitory symptoms are sickness at the stomach and diarrhœa, one or both, with generally slight chills. The diarrhœa may be painless, but is not the less dangerous on that account.

*Treatment.* For the premonitory symptoms, give Ver. Vi. or Lobelia, one or both, every half hour, and occasionally use a drop or two of Camphor spirits. If not able to be about, but sick enough to take the bed, and the symptoms are severe, or promise an increase of danger, use the Aconite sweat, or some other, without delay, while the patient has strength. After the sweat, give Camphor, 10 or 12 drops stirred in half a tumbler of water every half hour, and a dose of Cupr. between; of Lobelia, an occasional dose may be given instead of Camphor or Cupr., to control the vomiting. For sinking stages give Ars. Al. If possible keep the patient very quiet and warm in bed, and with hot corn, jugs of hot water, or hot bricks, keep the body warm. As soon as the perspiration is well established, the stomach and bowels will be relieved. In using Lobelia, take five drops of the mother tincture for a dose. We name but few remedies for the cholera. These taken in season, we think, may be as confidently relied upon as any human means can be. In recovery from cholera, the patient is exceedingly weak. In this state, an occasional dose of Phos., and also of China. may be given. Ice water, in small quantities, may be drank in cholera, or bits of ice may be put on the tongue. Get good advice if you can.

CHOLERINE. A mild form of cholera, which may be treated very much as cholera. For diarrhœa, if the stools are green, yellow, black, or brown, use Ars. Al. Cholerine is sometimes very severe, and requires vigor-

ous treatment. For any prominent symptoms which may arise, consult the table for a remedy.

**CHOLERA MORBUS.** This disease belongs to the cholera family.

*Causes.* Improper diet ; debility ; and any thing which disturbs the stomach and bowels.

*Symptoms.* Vomiting ; sometimes, but not always, purging ; great prostration ; distress in the stomach and bowels ; griping pains ; cold skin ; weak pulse ; sometimes violent headache ; great thirst ; coated tongue.

*Treatment.* Should there be much thirst use *Ac.* every hour, and if there is much headache, use *Bell.* between giving *Ac.* For vomiting give *Ipecac* or *Anti. Cru.*, and for purging, give *Rheum*, or *Mer. V.* Keep the patient warm in bed, and in very severe cases, the *Aconite* sweat will be very useful. Where the vomiting is very severe and persistent, and everything is thrown up that is swallowed, the medicines may be given dry on the tongue, or if prepared in water, drop a little on the tongue. For cold stages, use *Ars. Al.* This is a very prostrating disease, and is sometimes the prelude to a settled fever. It should be treated promptly. *Anti. Cru.* is a valuable remedy to control the vomiting. The author always gives it dry, dropped on the tip of the tongue.

**DIARRHŒA.** Whether acute or chronic, the main remedies for diarrhœa are *Rheum.*, *Ver. V.*, *Mer. Vi.*, and *Ars. Al.* Give these remedies each once a day. For fever symptoms give *Ac.* For griping pains in the bowels give *Col.* or *Cham.* Avoid unripe vegetables. If able, take exercise by riding. Starch injections may be useful. Bathe often, and rub the skin dry.

**DYSENTERY.** *Causes.* The exciting causes of dysentery, or bloody flux, are exposure to cool, damp air, bad

water, local irritations in the bowels; checked perspiration. It is most common in autumn, the damp nights or mornings of which are apt to induce it, unless well protected by clothing.

*Symptoms.* A constant desire to go to stool; passages attended with pain; pains in the bowels; the passages are slimy, or bloody, sometimes both, and are frequently very fetid. There may be from fifty to a hundred passages a day; there are often chills and fever, a coated tongue and bounding pulse; there may be vomiting. In bad cases, the extremities become cold, the pulse very feeble, the stools become very offensive, and occur without the knowledge of the patient. It is not a favorable sign to have the pain, with a very low patient, suddenly cease.

*Treatment.* If there is any fever, begin, if possible, the treatment, (unless the patient is old or very weak,) with the Aconite sweat. Give Ac. and Mer. V. in alternation, one or two hours apart, as the case seems to demand. In the progress of the disease, Ac. should be depended upon to control the fever; if the fever abates, it may, until it returns, be omitted, as other remedies may better take its place. While, in dysentery, many symptoms arise, to meet which the table should be consulted, it may be well to say that the remedies most usually required, aside from the leading ones already given, are Rheum., Col., Ham. V., and Ars. Al. If the discharges bear the marks of common diarrhœa, give Rheum.; if bloody, give Ham. V.; if there is much pain attending the passages, or the bowel protrudes, as in piles, give Col.; for sinking stages, give Ars. Al. To relieve the bowels and render the passages less painful, give injections often, (from one to six a day,) of thin starch, made by boiling wheat flour, one or two hours, into each

of which you may put a few drops of Ham. V., or, if there is great pain, Arnica. These injections do no harm, while they often do a great deal of good, and in bad cases, should never be omitted. But little food should be used, and the patient should be bathed often. Dysentery needs careful attention. It may assume a typhoid character, for which the treatment may be varied. Should the fever be quite light, Bry. may take the place of Ac. While you should begin the treatment without delay, still, if you have a bad case, and can command the services of a Homœopathic doctor, get his advice.

SUMMER COMPLAINT.—[*Cholera Infantum*.] This common, and very fatal disease with young children, may, in many cases, be prevented, by good management. The food should be wholesome, and the little ones should have plenty of pure air. “Milk for babies” should be from a healthy mother, nurse, or cow. In some cases this disease will disappear on change of location, particularly from city to country; or by taking a journey, or trip on a steamboat.

*Causes.* Unwholesome diet; foul air; confinement in close rooms; any thing which deranges the stomach and bowels; teething.

*Symptoms.* Hot head; diarrhœa; loss of appetite; vomiting; wasting away of the flesh.

*Treatment.* Fresh air and bathing; if feverish, an occasional dose of Ac.; for vomiting, Ipecac or Anti. Cru.; for colic pains, Col.; for diarrhœa, Mer. V.; for hot head, Bell.; for worrying, Cham.; for great weakness, and loose skin, with loss of flesh, Ars. Al. Injections of thin starch, as recommended in dysentery, should also be given. These, and perhaps other remedies, (for which consult the table,) may be required, and should be given an hour

or so apart, as the symptoms, from time to time, require. Avoid soothing syrups, for they may only delude with the vain hope that the child is better because it is quiet—a quiet that often knows no waking.

**TEETHING.** Teething needs very much the same treatment as cholera infantum. It does but little good to cut the gums, unless the teeth are nearly through. Salted water rubbed on the gums, with the finger will often afford relief. If there are signs of head affections, as in summer complaint, give Hell. N. and Bell. occasionally. Hell. N. is often of great value, especially if there are convulsions; also, Ign. For hot skin give Ac. Where the teething is too slow, a few doses of Cal. Car. may be given. The teeth usually commence to show themselves about the sixth month.

**CONVULSIONS IN CHILDREN.** These sometimes come from teething, the main remedies for which are Bell., Apis. Mel., Hell. N., and Cham. Give them in this order every hour. Put the body of the child in a tub of quite warm water, and cover the head with cloths wet in cool water. Give the child, if needed, this warm bath, two or three times a day. Get the advice of a doctor, but the treatment should not be delayed to get one.

**CROUP, OR RATTLES.**—[*Angina Membranacea.*] Croup is not always confined to the young. Washington died of croup. Its danger should be well understood. It consists in the inflammation of the lining of the wind-pipe, but is unlike ordinary throat affections.

*Symptoms.* Difficult breathing; choking; rattling and wheezing in the throat; hoarseness, as in common cold; considerable fever; in bad cases, the features become livid, and the neck becomes purple; the voice may be nearly gone; the pulse may be hard and frequent. It is

sometimes complicated with diphtheria, or they may go together. Happily, a great remedy for both is Ac. In real croup, the throat fills up with a tough membrane. This is membranaceous croup.

*Treatment.* Begin the treatment as soon as the first croupy sound is heard. Better treat a hundred cases on the mere suspicion of croup, than omit the early medication of one in which this terrible disease is commencing.

If there is much fever, give the Aconite sweat, and keep about the neck, cloths wet in salt water and vinegar, often renewed. Keep the patient moist, if possible. The leading remedies for croup are Ac. and Spong.; give them without delay, in alternation, every fifteen minutes. Should there be a diphtheritic complication, use the "yellow gargle." Should the lungs seem to be oppressed, give an occasional dose of Hep. S. If the patient chokes when coughing, give Tart. E. For other symptoms, see the table. The author has treated many cases of croup, and has lost only two. One of these was permitted, while under treatment, to run out doors in the month of March, contrary to advice; and the other had had for days severe croupy spasms, so as not to sleep well nights, before the case came into his hands. There is no disease which more urgently demands timely care than this, and none for which proper Home Treatment may be more beneficial.

**DIPHTHERIA.** Much has been written on the nature of this formidable malady. Let others speculate. It kills, we know, many of the fairest and most promising children; nor are adults exempt from its ravages. Homœopathic treatment is very successful in its management.

*Causes.* Unknown. It is contagious; else, how does it happen to run through whole families? The very odor

of it indicates its contagious, or infectious nature. In one family the author attended, there were seven sick with this disease at the same time, and all, from necessity, were in two little adjoining rooms. The scent was horrid. One died, but the author believes it was because the case was not properly cared for. Of the hundreds he has treated in this complaint, this is the only fatal case.

*Symptoms.* The disease generally locates itself so high up the throat that its presence can be determined by whitish specks or patches which appear on the tonsils, roof and back of the mouth. These specks or patches cannot always be fairly seen when there is reason to suspect diphtheria. The throat is not always very sore, even if the patches can be seen. The breath has, in bad cases, a very offensive and peculiar odor. The patient grows weak rapidly. There is often a very high fever. The exudation in the throat enlarges and looks like bits of dirty white leather. The patches are generally much larger than the canker spots of scarlet fever. The tonsils are often very much enlarged and inflamed, as in quinsy. The tongue is generally coated. The throat fills up, as in croup. With scarlet fever, croup, and quinsy, it may be confounded.

*Treatment.* As the strength fails very fast in a severe case of diphtheria, the appetite, if it remains, may be indulged, with a moderate amount of wholesome food. This will help support the strength. If there is much fever, and the patient is strong, give the Aconite sweat. Give Ac. and Bell. every half hour apart in urgent cases. Keep a cloth wet in salt water and vinegar constantly about the throat, and change often. Gargle the mouth and the affected parts of the throat, down as low as pos-

sible, with a solution of Kali. Bi., or Yellow Gargle, a good straw color in strength. A good way is to make a swab, and swab out the throat with this gargle, and after using it, and getting the throat as clear as possible, let the patient drink a little of the (clean) solution. This Yellow Gargle is the best the author has ever used, and he holds it of the first importance to employ it, and frequently. It is not caustic or painful, and its efficiency has been well tested. Ac., Bell., and Kali. Bi. are the leading remedies in diphtheria. Others, indeed, may be needed, but these ought not to be omitted, until the case is clearly out of danger. Should the disease invade the passages of the nose, this yellow gargle should be snuffed up the nose, or thrown up with a little syringe. Should the pulse run down very low, give a dose of Dig. For sinking stages, cold limbs and a sticky sweat on the skin, give Ars. Al.; for thick and scanty urine, give Canth.; for vomiting, Anti. Cru. Should the bowels be costive, use injections, and if loose, Mer. V. Sometimes the patient becomes very stupid, for which give Opium. For any other symptoms, see the table. Diphtheria has no times and seasons, either for attack or duration; but mild cases, well treated, last but a few days.

QUINSY.—[*Tonsillitis*.] *Symptoms*. This disease is an inflammation of the throat, particularly of the tonsils. The tonsils become very much enlarged, and finally, in most cases, discharge more or less matter. By timely care this may sometimes be avoided. This is a very distressing disease at times, almost stopping the breath, and making it very difficult to swallow even a little water. The muscles and glands of the neck may swell, and the throat may be lined with a dirty white or slimy coating; there may be fever, headache, and the disease may run



into a putrid typhoid character; one tonsil may first swell and discharge matter, and then the other, or both may be affected at the same time.

*Treatment.* If very hot and feverish give the Aconite sweat. The main remedies are Ac. and Bell. Give these in alternation every hour or so. Should the mouth taste badly, or be covered with a slimy coat, use the yellow gargle, and give an occasional dose of Mer. V. For burning sensations in the mouth, give a dose or two of Canth. For other symptoms consult table, and should the complaint assume the form of any other disease, modify accordingly. The throat should be well protected with flannels, wet in salt water and vinegar. They may be put on warm. If the tonsils must discharge matter, time must be taken for it to form and get ripe. When the matter is ripe it may be discharged by lancing the tonsils, a day or two sooner than the sores would break of themselves. When the matter has once found vent, the distressing symptoms are very much relieved. In some hard cases, the patient will feel much easier to sit up in an easy, highbacked rocking chair, than to try to keep the bed all the time. Quinsy is not a very dangerous disease, but is distressing, and proper medication and management will help very much to mitigate its severity and shorten its duration.

PILES.—[*Hemorrhoids.*] *Causes.* A constitutional predisposition; habitual costiveness; horse-back riding; stimulating diet; intemperance; sedentary habits; coffee; patent medicines in general; cathartics.

*Symptoms.* Burning or pressing sensations at the rectum; costiveness; passages attended with difficulty and pain; the gut may protrude, or the swelling may be all internal, called "blind piles." The bunches may some-

times mature and sometimes bleed, called "bleeding piles." The bladder may be affected, and the urine suppressed. The case may be so bad that the patient can hardly stand or walk.

*Treatment.* Ac. is useful in allaying inflammation, and should be taken several times a day. Nux. V. is also a valuable pile remedy, and should be used several times a day, and a dose of it taken at night. If there is colic, or the bowel protrudes, give Col. Injections of cool water may be given to advantage, and will tend to make the passages less painful. Apply cold water to the parts, and, especially for bleeding piles, put a little Ham. V. in water, just enough to turn the water to a very light wine color, and apply with soft cloths. Plat. is often very useful in piles, if blood comes away with the stools. Rest is important, also light diet. Avoid all physic. See table.

**CONSTIPATION.** This is a very common complaint, the existence of which is so general that cathartic pills are, with some people, as regularly taken almost as their dinners. Persons with constipated bowels, though they may be about their business from day to day, seldom feel right. With some few, however, movements of the bowels may not occur more than once in several days, and yet the health may be good.

*Treatment.* Persons who suffer from habitual constipation should have each day a regular time for attempting to have a natural passage. The habit of neglect in this matter is very objectionable, as the bowels are liable to remain inactive from this omission alone. Cathartics should be dispensed with, as they tend ultimately to make a bad matter worse. If the bowels do not move for several days use injections. The remedies are Po., Hep.

S. and Nux. V. Use these remedies once or twice a day in this order. If the habits are sedentary, take out-door exercise. Use plain food. If the patient chews tobacco. it may be necessary to cast the weed away. By this course many long standing cases of constipation have been cured, after years of drugging with cathartics, in vain.

**DYSPEPSIA, OR INDIGESTION.** A confirmed dyspeptic is a miserable being. He often suffers from injudicious medication. He reads the newspapers to find where the sure cure for his malady is to be found, and his stomach becomes the storehouse of all sorts of pills, bitters and dye stuffs. He runs from one cureall to another, and "the last state of that man is worse than the first."

*Symptoms* are so well known it need only be said, the stomach fails to do its work, and nearly everything is "out of tune."

*Causes.* Poor diet; rich diet; sedentary habits; cathartics, and apothecary stuff in general; intemperance; late suppers; irregularity in meals; eating too often, or not often enough; too much brain work; occasionally, cancer of the stomach.

*Treatment.* Quit all massive drugs, cathartic pills and bitters. Take out door exercise, if living a confined life; eat regularly; eat that which best agrees with you; do not think to starve yourself into health; if the bowels are costive, move them with injections, and bathe often, giving the body a good rubbing with a coarse towel; every morning take a teaspoonful of pulverized charcoal, and stir it up in a tumbler of water, and with this gargle the mouth well and then swallow a little. In about half an hour, having rinsed out the mouth with cold water first, take a dose of Po.; at ten o'clock take a dose of

Ars. Al., and at night a dose of Nux. V. If low spirited, use Ign.; for headache, Bell. Should you have some hot flashes, use Ac. These remedies, and proper management of habits and diet, have cured many cases of dyspepsia. But it is a work of time, and as various symptoms arise, and no two cases are alike, consult the table. Nux. V. and Ars. Al. are the great remedies in this case, while charcoal of itself, will, if the patient will let drugs alone, cure many of the lighter forms of dyspepsia, the directions as to habits and diet being followed. Having been its victim, and having treated successfully many scores of cases, the author feels that he can write with confidence on this subject. He does not believe in the starvation plan, brown bread plan, or tonic plan, or cathartic plan, having tried them all in vain. Food, too, that will agree with one dyspeptic may not with another. Every one must judge for himself. As a general rule, unripe vegetables, swine's flesh, fat food, hot biscuits, and rich pastry, will not suit the dyspeptic. But many can eat a nice beefsteak with impunity. Dispense with everything known to remain a long time in the stomach undigested.

**DIZZINESS.**—[*Vertigo*.] This affection often attends the dyspeptic.

*Symptoms.* Rumbling sounds in the ears, severe or dull headache; giddiness, the patient often feeling as though he would fall, and sometimes falling down; feeling of insecurity, as one going up a ladder; the sight indistinct; swimming of the head from sudden motion. These symptoms are often preceded, or attended, with a very ravenous appetite. Apoplexy sometimes ensues.

*Treatment.* The main remedy, and one of priceless value, is Nux. V. It may be used two or three times a day, but a dose at night should not be omitted.

**COMMON AND SICK HEADACHE.** Common headache, when not connected with other disorders, may be cured by rest, bathing the head with warm or cool water, or abstinence for one or two meals from eating. The remedies are Bell., Nux. V. and Ac. For females, particularly where the headache is more on one side than general, Puls. may also be used. Puls. also answers well for delicate persons or children of either sex in this affection. Where there is sickness at the stomach use Anti. Cru.

**DROPSY.** — [*Hydrops.*] Dropsy is a collection of watery fluid, which may be located in the head, chest, around the heart, in the belly, womb or scrotum, and other parts, for all which there are appropriate names. It may also be diffused generally in the cellular tissues, and show itself by a pale and sickly complexion, with a clear, full and almost transparent skin. Dropsy may be complicated with other diseases, and as it comes on gradually, and does not demand speedy treatment, so urgently as many other diseases, it is advisable to consult a doctor in this case. But we should esteem our book very faulty if we did not give the outlines of the treatment we have found efficient in this disease.

*Symptoms.* Pale complexion; loss of appetite; dry skin; there may either be constipation or diarrhœa; in some forms, bloated limbs or belly; if in the chest, palpitation of the heart, or difficult breathing; if in the head, stupor; the urine is often thick, or high colored, and usually scanty; there may be a feverish condition, particularly towards night; the limbs often feel as though they were in hot ashes; a sense of weight is often felt about the chest and shoulders; the face may be puffed and swollen.

*Treatment.* The three leading remedies which are required in any form of dropsy, are Hell. N., Ars. Al. and Apis. Mel. With these remedies the author has relieved and cured many cases of dropsy, of long standing, and very unpromising appearance. Apis. Mel. is the most useful of them all, and in all dropsical affections its value cannot be told. This medicine should be fresh and genuine. Give Ars. Al. in the forenoon, Apis. Mel. in the afternoon, and Hell. N. in the evening, a dose each, or two doses each may be given in a day, an hour apart. Where the limbs swell and burn, a weak solution of Ham. V. may be used as a wash for them. For the feverish symptoms give Ac., and should the urine scald, give Canth. For other symptoms see the table.

**CONSUMPTION.** This is a disease which has slain uncounted hosts. It is often inherited, but not unfrequently comes from neglected colds, or as the sequel of other diseases. Our limits forbid us to say much on this subject. Our advice is that those who consider themselves laboring under those forms of pulmonary disease which are grouped together in this significant word, should consult a good and reliable physician, of the Homeopathic school, if possible, and at any rate, not throw themselves into the hands of dealers in secret medicines, or those who advertise themselves as sure to cure consumption by new and (to the medical profession generally) unknown methods. It is bad enough to be the victim of this disease, without being the victim of imposition and fraud.

The leading remedies for consumption of the lungs are Bry., Phos., Iodine and Cal. Car. Where it is necessary to treat this disease without a doctor, the table should be

consulted, and a remedy selected as varying symptoms (and they are many) may require.

**COUGH.** For a recent cough, use Bry.; for one of long standing, Hep. S. and Phos. Cough itself is not a disease, but only an effort of nature to throw off disease. A cough that may be stopped by anodynes, is not necessarily disease cured. To stop a cough may be to kill the patient, unless it is done by removing the cause. A cough may be regarded also as a faithful sentinel, to tell us that a vital organ has been invaded by disease. A little, hacking, and infrequent cough, may really be more alarming than a hoarse coarse cough.

**COLDS.** In all colds, wherever located, we have an example of the importance of the perspiratory glands. To relieve a cold, open the glands; to open the glands, give the Aconite sweat. In very hard colds, the results of which may be some form of fever or inflammation, this may be the safest course. Ac. and Bry. are the leading remedies in common colds. It is a good plan, in colds, to drink freely of cool water on going to bed.

**SORE MOUTH.** A common thing, especially, with nursing mothers. The best gargle is the "yellow wash." A tea made of golden seal is often useful as a wash. The leading remedies are Ac. and Bell., which should be used several times a day. A dose or two a day, of Ac. Ni. may also be given, and once in a while one of Mer. V. Meet the very first indications of this affection by using Bell. several times a day, and making free use of the yellow gargle. For babies and young children, Cham. often serves a good purpose, a few doses every day, with an occasional dose of Bell., often effecting a cure. Thrush, or canker in the mouth, under any circumstances, may be treated as above named.

The *nursing* sore mouth is a very distressing malady. The disease may lie latent in the system for months before confinement, and its development may be preceded or attended by dyspepsia, diarrhœa, or scalding of the urinary passages. The sores may be diffused in patches on the sides and surface of the tongue, gums, roof of the mouth and cheeks. It may be difficult to eat. The pain is in proportion to the rawness of the surface involved. In addition to the above treatment, Cal. Car. may be used once or twice a day. See table.

SKIN DISEASES. Many affections come under this head, though some of them are very rare. The more common ones, such as are most amenable to Home Treatment, are noticed under their appropriate heads. Some of them, such as scurvy, are amenable to the use of proper diet. The sailor has scurvy from long confinement on ship-board, living mostly on salt food, and perhaps, too, neglectful of keeping the skin clean and the pores open. Fresh food, vegetables, with acid drinks, and due attention to bathing, will often cure him. As a general rule, the most common forms of skin diseases, except those we notice particularly, are amenable to wholesome diet, fresh air, clean clothes, soap and water. Should any form of skin disease appear, the nature of which is doubtful, consult a skillful doctor, while for remedies it will be always safe, at least, to use Ac. Ni., Hep. S., and Ars. Al., each once a day. The patient may also freely use lemonade, cider, or cider vinegar.

SALT RHEUM, OR TETTER.—[*Herpes*.] The common ring worm may be classed under this head. Tetter is sometimes moist, and considerable matter may form under the skin, which may peel off, and leave the parts affected, (often the fingers or hands,) very tender, raw,



and sore. Sometimes the affected parts are quite dry, while the skin may be broken in fissures. The burning and itching may be very severe.

*Treatment.* This is often a very stubborn disease to fully cure. The remedies the author has found most useful in this disease are Ars. Al., Hep. S., and Rhus. T. These may be given every day in the order named. The parts should be well washed with water, and open air exercise made a daily practice. Lemonade may be drank freely. The sores may be covered over for the night with a simple salve made of about equal parts of lard and beeswax. Should the sores appear to be better, or less painful, with this coating on, they need not be washed for several days, but the coating may be kept on day and night. Black Ash bark, cut up fine and simmered in hot lard, makes a good coating for salt rheum. Those coatings are useful for one thing, if they are not positively curative, and that is, in excluding the air from the parts. Sometimes the itch may be mixed in with salt rheum, in which case it may be well to use the itch ointment. (See Itch.) Indeed, the itch ointment in salt rheum may be used with good effect.

ITCH.—[*Scabies.*] This eruptive and contagious disease is easily detected, and is generally well known, and where best known, is most dreaded. There seem to be several varieties of itch. The “old-fashioned itch” was almost always sure to show itself first on the hands and between the fingers, but there is an itch, particularly in the West, called sometimes “Prairie Mange,” which may not appear on the hands at all.

*Causes.* Supposed to have its origin in a small worm, called Itch Acarus, which burrows in the skin.

*Treatment.* Hep. S. should be given two or three

times a day. An ointment may be used, liberally, made as follows :—Take one ounce of fine Sulphur Vivum,—(called Black Sulphur, or Horse Brimstone,)—1 ounce of Venice Turpentine, 1-4 drachm of Bin. Iodide of Mercury, and 5 ounces of good lard ; melt all together, and apply on going to bed, or when needed. If the Black Sulphur cannot be got, common Sulphur may be used, though it is not as efficient as the other, and is more unpleasant to use. If the Bin. Iodide of Mercury cannot be got, the ointment can be put up without it, though in bad cases it may be needed. If Venice Turpentine cannot be got, the same quantity of tar may be used ; but the recipe as we give it will make the most pleasant and efficient application. This ointment excludes the air, and kills the offending cause. It is safe, and its efficiency has been well tested. Hep. S. alone may in time cure the itch, but a disagreeable complaint like this, justifies the use of any external remedy which will safely *hasten* the cure and relieve intolerable suffering. A weak lye, made of wood ashes, is a good wash to use in this disease.

SCALD HEAD.—[*Tinea Capitis.*] The head, face and body may be nearly covered with sores and scabs of this disease. Ars. Al. and Hep. S. are the main remedies which may be given, each, twice a day. Rhus. T. may be occasionally used. The head should be kept as clean as possible. The ointment used for itch, or just an ointment of tar, lard, and beeswax, equal parts, may be used. It is often necessary to coat the sores all over with some ointment which will exclude the air. It may be necessary, sometimes, to cut off the hair.


PIMPLES.—[*Acne.*] Little blotches, or like a fine rash ; they come on the face.

*Treatment.* Temperance ; plain diet ; Hep. S. and

Ars. Al. daily. If the face has the appearance of erysipelas, give a dose of Rhus. T. every day.

ECZEMA. This eruption appears on different parts of the body, and consists of little blisters of watery and milky fluid. They are more disagreeable than dangerous. Sometimes the eruption may be attended with headache, and some fever. This eruption may be mistaken for small pox. The remedies are Ac., Rhus. T., and Apis. Mel., each once a day. If these eruptions come on in crops, one after another, give, also, one dose of Hep. S. every day. If woollen clothing aggravates the case, it better not be worn next to the skin.

CHAPPED HANDS AND FEET. Often caused by wetting the hands and feet, and not rubbing them dry. In very troublesome cases, they should be protected by gloves and stockings. The cracks may be coated over with Glycerine, or an ointment made of mutton tallow and beeswax, equal parts. Hep. S. is the remedy. Use daily.

 A nice salve for chapped hands, sore lips, etc., may be made thus:—Oil of Sweet Almonds, 2 ounces; White Wax and Spermaceti, each 1 drachm. Melt all slowly together, and while warm, 1 ounce Rose Water, and Orange Water half an ounce, may be mixed in.

LOSS OF HAIR, OR BALDNESS.—[*Alopecia.*] The hair sometimes falls off after severe fevers, but usually comes again. From its loss by old age there is no cure.

*Treatment.* Bathing the head with water, and a little sweet oil rubbed over it, may be useful. The best internal remedy is Silicea.

SORE EYES. Inflamed eyes may be relieved by bathing them in about equal parts of new milk, soft water, and alcohol. To begin with, less alcohol may be used, and more added as the eyes can bear. Cloths wet in this

preparation may be laid on the eyes, and kept on with a bandage, night and day. The leading remedies are Ac., Bell., Sil. and Iodine. Where the eye-winkers fall out, Sil. is very useful. The medicines should be taken several times a day, except Iodine, which should not be taken more than once in two days. Sore eyes may be bathed in cold tea sometimes with great relief. Inflamed eyes should be carefully used, and well protected from raw winds. The very intemperate can hardly expect to cure their sore eyes, unless they cure their habits. A little sweet cream and white wax melted together make a salve that will be useful to apply to the eyelids, especially when exposed to winds. If there is erysipelas in the eye-lids, or if they are inflamed and swollen, use Rhus. T. once a day. If water runs from them constantly, use Apis. Mel.

Sometimes operations on the eyes are required. These should be done by those surgeons whose studies and practice make them familiar with the intricate structure of the eye, and such delicate operations should not be trusted to doubtful hands, however great their pretensions to skill. Many have been victimized by pretentious eye doctors, with big signs, big fees, and big lies. Almost any well informed physician can give advice on the subject of diseased eyes, but as a rule, those only who make eye diseases a subject of special study, should give them surgical treatment.

**ACUTE RHEUMATISM.** This painful affection may attack different parts of the body. It may seize upon some vital organ; especially may rheumatism precede, or be attended with, affections of the heart. Where the muscular parts are the seats of the disease, it is more easily cured than when it attacks the joints, which condition is called articular or inflammatory rheumatism.

*Causes.* Strains; cold; bruises; sudden check of perspiration; perhaps, hereditary transmission; abrupt change of clothing from thick to thin.

*Symptoms.* Acute pain; inability to use the affected limbs; swelling of the parts; heat; fever.

*Treatment.* The Aconite sweat is of the first importance in treating rheumatism. The leading remedies are Ac., Rhus. T. and Bry., which should be given several times a day in alternation. It is a good plan to protect the affected parts with plasters, or cotton batting. Red flannel, worn next to the skin, is often very useful.

CHRONIC RHEUMATISM. *Treatment.* Same as for acute. Rheumatic persons should wear red flannels the year round. For acute and chronic rheumatism nothing is more common than to apply liniments, the virtues of this and that one being highly extolled. Doubtless some of them afford relief, especially if the affected parts are well and carefully rubbed, the palm of a soft hand being the best thing with which to apply them, and often affording relief when nothing is applied with it, unless it be nature's magnetism.

The best liniment the writer has ever used is made as follows:—Cut castile soap up fine, and dissolve it in about 50 per cent. alcohol; use as much of it as the alcohol will cut up, or dissolve. Take Smart Weed (*Polygonum Hydropiper*,) when matured, and before a frost, cut it at the roots and pack an unpainted pail full of it, and on this turn cold rain water. Let it remain several days, stirring it about occasionally. Wring out the weeds, and of the water now well impregnated with the juices of the plant, put an equal part to any desirable quantity of the alcohol and soap. It may be bottled up, and put away in a cool place for use when needed. It should be well

mixed. This liniment should be applied with the hand, while exposing the affected parts to a warm fire. It will make a lather. It should be well and faithfully applied. If the green herb cannot be got, 1 ounce of the tincture of Smart Weed may be used to every half pint of the soap liniment prepared as just described. The soap liniment, itself, may also be used with good effect. This liniment greatly aids in relieving the tortures of either acute or chronic rheumatism.

**HEART AFFECTIONS.** There may be various affections of the heart, some of which may be so masked as to defy the most skillful to determine, without doubt, their exact nature. We do not propose, therefore, to go very fully into the treatment of heart diseases. Under the head of Rheumatism we have alluded to the fact that some forms of heart affection are very apt to accompany it. Sometimes the heart may not, itself, be diseased, but may be impeded in its movements from some outward pressure, as water in the chest. The best we can do in a book of this kind is to name some remedies suitable in certain symptoms, which may be supposed to proceed from some affection of this organ. In all cases, which assume any great degree of seriousness, a good doctor should be consulted.

*Slow movements* of the heart may be treated with Dig. and Rhus. T. Palpitation, with Dig. and Ars. Al. These two remedies are useful where the heart stops suddenly, for a time. If the heart appears to be working in a large collection of water, Hell. N., Apis. Mel. and Ars. Al., may be used, each one every day, one or two hours apart, in the order named. If the memory fails, or the head is confused, or there is a tendency to numbness, Nux. V. should be used every night. The

author has treated many serious affections of the heart, and those of long standing, with Apis. Mel., Ars. Al., and Nux. V. mainly, and with the most gratifying success, after other treatment had been tried in vain. Use plasters over the heart.

**WATER IN THE CHEST.** — [*Hydrothorax.*] *Symptoms.* Difficulty of breathing; cannot go up stairs or walk fast in comfort; wants several pillows under the head in bed; pale, or anxious look; may express fears of choking to death.

*Treatment.* Hell. N., Ars. Al. and Apis. Mel. These remedies are the principal ones, but as other symptoms may arise, the table can be consulted. Persons who labor under this affection, should favor themselves as much as possible, avoiding all violent exertion, and by a timely use of these remedies, while they may not always effect an absolute cure, may greatly mitigate the sufferings that often attend this condition. Cloths wet in water and laid over the chest at night will often afford relief.

**NERVOUS AFFECTIONS.** Many forms of disease, mental or physical, or both together, are often classed under this head.

*Symptoms.* The general signs of nervous affections are loss of appetite; sickness at the stomach; heart burn; deranged digestion; bowels out of order, being, it may be, too loose or too costive; tongue white and dry, especially in the morning; sadness; anxiety; headache; palpitation; loss of energy; disturbed sleep; fears as to the future; fretfulness; homesickness; weak memory; loss of strength.

*Treatment.* For nervous affections in general, but little medication is required, especially if the mind is more involved than the body. The patient should change his

or her entire habits ; that is, if they are, as is often the case, prejudicial to health. For moping, chimney-corner melancholy, substituted out door exercise, cheerful conversation, journeys, and new subjects of thought. If addicted to the use of opium, ardent spirits, tobacco, strong tea or coffee, give up their use. If to patent medicines, quit them. Exercise in the day time, and go to bed at reasonable hours, and get up early. Take as cheerful a view of the world, human fortune, and the future, as possible, and think, as one truly may, that every cloud, however black and dismal, has its "silver lining," which will turn its face yet towards you, if you will only open your eyes to see its signs of promise. The medicines most useful in nervous diseases, marked as above described, are Plat., Ign., Au. Met., and Bell., but the table may often be consulted to advantage. Not more than two kinds should be used daily—say, morning and night.

HOMESICKNESS.—[*Nostalgia*.] When this affection is very severe, one longing for old friends and the "old home," it should not be treated as a weak and contemptible feeling. Some people are so constituted that they are at home anywhere. But this is not so with many others. With many, "palaces," even, are naught, and however poor, "There is no place like home."

*Treatment.* When practicable, let the old home be visited. This desire gratified, and a cure may be wrought. The "old home" may not seem as it did formerly. For medicines use Ign. and Au. Met. Use them each once or twice a day. Seek to make a new home as attractive as possible. Gather around it things to love and care for ; what those things may be, is of little consequence, so they are prized. There is a deep philosophy in the saying "where the treasure is there will the heart be also."



HYSTERICIS.—[*Hysteria*.] “There is nothing ails her, only she is hysterical,” is the objectionable and inconsiderate remark made concerning females who complain of illness, the exact nature or cause of which neither they or friends understand. The victim *knows* she feels poorly; they think her complaints are fanciful. Now, hysteria is a real disease, and should be so respected. Hysterical females may go into a decline when there are no alarming symptoms present, such as coughs or night sweats. Hysteria has its origin in some derangement of the sexual organs. A case of this kind can best be treated by a skillful Homœopathic doctor. Sometimes the womb may be displaced, and may require support or adjustment.

*Symptoms.* Sadness; weeping; laughing and crying; stupor; strange and unusual actions; difficult breathing, the patient sometimes complaining of sensations like a round ball rising from the stomach into the throat; weakness; loss of appetite. Hysteria may assume many forms.

*Treatment.* The medicines useful in this disease are various, according to the various forms and shades it may assume. If there are feverish symptoms, use *Ac.* once or twice a day; for low feelings, use *Plat.*; for flooding, *Ham. V.*, both by injection with a vaginal syringe, and by mouth. Instead of *Plat.*, give once in a while, a dose of *Au. Met.* The table should be consulted, as there may symptoms come up, to meet which the careful reader will find some remedy there described. Where there is reason to suspect any displacement of the womb, patients should seek medical advice and assistance in its restoration, and should be very careful, by avoiding undue exertion, horse-back riding, jumping, or violent exercise of any kind, not to bring about a return of the trouble.

Much attention should be paid to diet, out door (moderate) exercise, and breathing pure air. Many city ladies will find country life very useful in emancipating themselves from this disease. A journey, or sea voyage, may work wonders. Let no feelings of delicacy prevent one, in this case, from getting the advice of a good physician, when practicable. Homœopathy, in judicious hands, has wrought many cures in hysteria, after the cases seemed hopeless.

**HYPOCHONDRIA.** This condition of the nervous system, sometimes called "hypo," or "lowpo," or "blues," may affect either sex. Where this condition is attended, as is often the case, with dyspepsia, the treatment for that condition will be useful here. The hypochondriac should try to control all his passions, should practice frequent bathings, out door exercise, and temperance in everything. For remedies, consult the table, while *Nux. V.*, *Au. Met.*, and *Hep. S.*, may be relied upon as, generally, the most useful in this case.

**LOSS OF MEMORY.** This condition may arise from some head affection, or from excessive indulgence in the animal passions.

*Treatment.* Abstain from excess in everything; exercise in the open air; avoid all narcotics and alcoholic stimulants, and give the brain as much rest from mental work as possible. The best remedy is *Nuv. V.*, which should be used once a day, at bed time.

**NEURALGIA.** By neuralgia is meant a nerve pain, or pain which follows the course of some nerve. It may be located in different parts of the body, as in the heart, limbs, head or face. When in the face, it is called by the French name of *Tic Douloureux*, or face ache.

*Causes.* Sudden cold; sometimes wounds; exposed

nerves, as in decayed teeth; partial suffocation; chronic heart affections.

*Symptoms.* Agonizing pains, described by patients in such language as "twisting," "boring," "splitting," "burning," "dreadful," "horrid," "wrenching" pains. Indeed, hardly any expressive word is omitted by sufferers, in describing their agonies.

*Treatment.* If from decayed teeth, employ the dentist. Ac. is the giant remedy in all forms of neuralgia, and in hard cases the sweat should be the first thing in order. Ac. and Bell. are the main remedies, and should be given in alternation. If the head swims, as well as aches, give Nux. V. If the disease is located in the womb, give Plat. If the pain is in the bowels, or limbs, give Col.; if in the stomach, Ars. Al. The sweat is often the most effectual of any thing in severe cases of neuralgia, wherever located. We have relieved cases with this, which defied the whole range of ordinary remedies. Persons subject to any form of neuralgia, should be careful not to expose themselves to a sudden check of perspiration, and if they feel the pangs and agonies of this disease coming upon them, should resort to proper medication at once. With Ac. alone, great relief may often be procured.

Lumbago, or pain in the small of the back, sometimes called "crick," is a form of neuralgia, and should be treated, mainly, with Aconite. Bathe, too, the back with diluted Arnica tincture.

TEETH ACHE. The teeth may ache when upon close inspection there does not appear to be any decay. Where they are decayed, an honest, capable dentist should be consulted. Temporary relief of teeth ache, from decayed teeth or other causes, may often be obtained by a good sweat, or dose of Ac., repeated every few minutes. A

little Creosote dropped on "cotton wool" may be put into a hollow tooth, sometimes, with good effect.

**EAR ACHE.** This proceeds from some nervous affection, or from inflammation within the orifice of the ear, and is sometimes of the most excruciating character. The inner portion of the ear may mature, and the matter be discharged, when relief is obtained.

*Treatment.* Use a little ear syringe, with which to inject soap suds into the ear, and after washing out the ear well, inject in a little of the yellow gargle. Exclude the air with wool or cotton, (put in the orifice,) on which drop a little oil of Sweet Almonds. Put hot, dry flannels to the ear, and give Ac. and Bell.

**ST. VITUS' DANCE.**—[*Chorea.*] *Symptoms.* Convulsive motions of the limbs and muscles. The limbs refuse to obey the will. The motions are odd, and, sometimes, may be called "ridiculous." The patient sometimes cannot control the muscles of the arm and hand, so as to feed himself. He may drop a plate, or knife, or throw them away, in spite of himself. The tongue may be partially paralyzed. The flesh may waste away, and the appetite become poor and capricious.

*Causes.* Fright; injury; debility.

*Treatment.* The treatment should be begun as soon as the first symptoms appear. The patient should have, when possible, out door exercise, cheerful company, and a variety of food, to keep the appetite good. All excitement and study should be avoided. The principal remedies are Cupr., Nux. V., and Bell. These should be given each once a day. If the tongue is coated, give an occasional dose of Ac. Time is an important element in effecting a cure. If the appetite fails, give an occasional dose of Po. Consult a good doctor.

**PARALYSIS.** This deplorable condition requires the advice of the skillful physician. Sometimes animal magnetism may afford relief, or electricity, generated by a portable battery. The electricity should be used only in the lightest form, and should never cause unpleasant sensations. The main remedies are Ac. Ni., Nux. V., and Bell. The paralyzed parts should be bathed with a weak brine, and should be well rubbed. Once in a week give a dose of Cupr. If the patient is bed-ridden, help him to get out of doors in good weather, and encourage him to try to exercise his affected limbs, little by little. Gratifying results may reward these pains.

**MUMPS.**—[*Parotitis.*] In this disease one or both sides of the neck may swell. It is contagious. The tumor may be painful. The testicles of the male and breasts of the female may swell in connection with an attack of mumps. There may be considerable fever.

*Treatment.* The treatment is very simple in most cases. Keep from getting cold; if feverish, use Ac. occasionally, and for headache, give Bell. If the disease locates in other organs than about the neck, use an occasional dose of Rhus. T. If there is a good deal of fever, give the sweat.

**FALLING SICKNESS, OR EPILEPSY.** *Symptoms.* Sudden falling; convulsive motions; rigid muscles; frothing at the mouth; may come on when asleep.

*Causes.* Teething; worms; pain; hereditary predisposition; uterine troubles.

*Treatment.* Confirmed epilepsy is rarely completely cured. The very first tendencies to this unfortunate condition should be promptly met. A young child may have a few light fits, and may even froth at the mouth, and yet outgrow this tendency. The best remedies, when

not connected with "teething," or "uterine troubles," are Nux. V., Apis. Mel., and Opium. Give these in alternation, each twice a day. The patient should have exercise in the open air. Children inclined to fits should not be subjected to any severe mental discipline. An overworked brain may induce fits. Many young children, especially, if somewhat precocious, may suffer and die from too much head work, and the neglect of the physical health. Consult a doctor.

**WORMS.** Several kind of worms inhabit the human body. The tape worm, sometimes of enormous length, is not very common. Though few persons, not doctors, would undertake to treat a case of tape worm, yet it may be well to say, that doctors often fail to secure the expulsion of the entire worm from the body. Perhaps the most effectual means to do this, is to drink, while fasting a day or two, large quantities of pumpkin seed tea. This has sometimes caused the expulsion of the tape worm, when many other agents have failed. The worms with which we have most often to deal are the long round worm and the pin worm.

*Symptoms.* Changeable appetite; fetid breath; wind on the stomach; grinding of the teeth; hard, swollen bowels; belly ache; pale face; pinched up nose, which the patient desires to pick; loss of flesh; convulsive fits; slow fever; and in case of pin worms, itching at the rectum, from which they often pass with stools.

*Treatment.* If feverish, treat with Ac. The main remedy is Cina; if convulsions occur, give Hell. N. If the mouth is foul and the tongue coated and cankered, give Mer. V., and use the yellow gargle. Injections of weak brine, or soap suds, will often bring away large quantities of pin worms. The diet should be simple, and

may be pretty well salted. Pastry and confectionary should be interdicted. Aim, by exercise and careful diet, to improve the general health.

**APOPLEXY.**—The premonitory symptoms of a tendency to apoplexy, are loss of memory, giddiness, a drowsy habit, heavy, full feeling in the head, and hard breathing.

*Treatment.* Temperance in all things, out door exercise, as little brain work as possible, and an occasional dose of Nux. V. or Dig. In this way, guard against the evil. Avoid big dinners and late suppers.

**BOILS.** Boils locate on almost every part of the body, and are never in the right place with any body.

*Treatment.* Warm poultices, Hep. S., and plenty of patience.

**CARBUNCLE.** Something of the nature of a boil, but larger, more painful, and protracted in its various stages.

*Treatment.* Same as for boils, with an occasional dose of Sil. Carbuncles may be so severe, extensive, and protracted in their course, as to make the patient “down sick,” when the table may be consulted for appropriate remedies.

**WHITLOWS AND FELONS.** These usually locate on some part of the hand.

*Treatment.* A free incision with a sharp knife or lancet down to the bone, even before matter has formed, will save much pain. Use any poultice that will soften the skin, and promote the formation and discharge of matter. Use Ac. and Rhus. T. in alternation.

**CHILBLAINS.** This affection comes from changes in the weather, and chilling, or freezing the feet.

*Treatment.* Rub the feet with snow and brine, or put a little salt in the snow. If the sores mature, keep them clean, and do them up with cloths saturated with

sweet oil. Take an occasional dose of Rhus. T. or Hep. S. Arnica is good to bathe with, before the skin gets much broken. A tincture of Gum Myrrh is also good, as an outward application, to relieve the pain. Copperas water, a tea spoon full to four quarts, is good to soak the feet in.

**CORNS.** By wearing boots or shoes, neither too small or large, prevent them. When troublesome, soak them well in soap suds or weak lye, and pare them down to slight bleeding, with a sharp knife, and cut a hole out of soft leather, wax it, and stick this ring so the corn will occupy the place of the hole. Apply Arnica.

**TETANUS.** Spasms and cramps may affect the whole body. The head may be drawn backward or forwards, and the back may be curved. The muscles of the mouth may be rigid, so as to prevent its being opened, which in this case is called "lock-jaw."

*Causes.* Cold; exposure; wounds, or local injury.

*Treatment.* The Aconite sweat. Let the water in which the Aconite is put, in case of lock-jaw, run about the teeth, and it will work its way into the throat. After the sweat is progressing well, give Lobelia in alternation with Ac., every half hour. When not convenient to give the sweat, give these remedies in alternation, every ten minutes.

**SCROFULA, OR KING'S EVIL.** *Causes.* The disease may be inherited.

*Symptoms.* Swelling of the glands about the neck, or of the joints; sore, watery eyes; pale, consumptive look.

*Treatment.* Avoid all swine's flesh. Take occasional doses of Iod. and Hep. S. Treat in this way the swelled neck, called Goitre. Iod., in the small dose, as given by Homœopaths, is useful in all glandular swellings, and



also those of the joints. Pale, sickly children, especially those who may have running sores, or whose flesh, when cut or scratched, does not heal readily, may use Iodine three times a week.

STY. Crops of this little tumor come upon the eyelids. Use Ac. and Sil. each twice a day.

CARE OF YOUNG CHILDREN. As soon as a babe is born, some nurses commence to dose it with some kind of dye stuff or medicine. This is all wrong. If the mother's milk does not come as soon as usual, a little sweetened water will answer until the natural supply is obtained, or in the event of failure, milk, (diluted with water, and sweetened a little,) from a healthy cow. Many babes are dosed and fed to-death. Babes need but little medicine. Keep them clean, see that no pins stick into their flesh, and give them a good chance to sleep, and keep away from them all cordials and narcotics. Their tender stomachs are not made for a drug shop, nor even for a Homœopathic Pharmacy. Should the skin get raw, sprinkle on fine starch, and give an occasional dose of Hep. S.

CHILD-BIRTH. Sometimes it is difficult to get a doctor's aid in this case. The midwife often does as well as the meddlesome doctor, for she will generally let nature alone, while the impatient doctor may unwisely interfere with her process. We do not wish to discourage the employment of a doctor in child-birth. He is often sorely needed. But many children are well born, without his presence. A good midwife is useful in any neighborhood. We do not aim in this book to give many rules for the lying-in-chamber. But we give a few:—1st, Let the woman assume any position that suits her best. Generally, lying on the left side suits as well as any.

2, Give her support when and where *she* asks for it. 3, If her strength fails, give her a cup of tea, food, or little stimulus. 4, After the child is born, see that the cord is removed from the neck, (if wound around it,) as soon as possible. 5, Tie the cord an inch and a half from the child's belly; then, cut it; but do not be in a hurry to do it. Wait for the child to breathe, and for the pulsation to stop in the cord. Should hard after pains follow the birth and expulsion of the after-birth, give a few drops of camphor spirits, in a little water, occasionally. Should much flooding ensue, put cloths wet in cold water to the parts, and give a dose of Ham. V. every half hour. Press the hand over the lower part of the bowels.

**MORNING SICKNESS.** This condition will soon pass away. Among the remedies to relieve in this case, Ipecac, Plat., and Ign., may be used occasionally.

**FLOODING.** *Causes.* Miscarriage; strains; jumping; general debility; abortion, or attempts to produce it.

*Treatment.* The patient must lie on her back, which position, in bad cases, must be kept, (except when necessity demands a change,) for several days, or until danger is passed. Apply cloths wet in cold water to the external parts, and give Ham. V. every half hour in urgent cases. If there is fever, give Ac., and for remedies to meet other symptoms, consult the table.

**WHITES.**—[*Leucorrhæa.*] This disease often attends delicate females, and consequently those thus afflicted should aim to improve their general health.

*Treatment.* The vaginal syringe should be used, and the parts kept clean with soap suds and clear water, warm or cool, as suits best. A little cold tea for this purpose may be used once in a while, and a few drops of

Ham. V. may occasionally be put in the water. The remedies most useful are Cal. Car., twice a day, and Plat. once a day. The table should be consulted. But while medication may be useful, nothing will do as well, as to promote the general health, by healthy employment, moderate out door exercise, and simple but wholesome diet. Where bearing down pains are connected with Leucorrhœa, hard labor (particularly that which requires much standing up,) should be avoided as much as possible. If the womb descends too low, (in this or any case,) it may be kept up by the use of an air pessary, which can be bought at most drug stores. This air pessary, (or colpeurynter,) is a dilatable india rubber bag, about, when flattened, as large as the palm of a lady's hand, with a long, flexible tube attached to it. The bag may be rolled up lengthwise, inserted in the vagina, well up against the womb, and then, by blowing in the tube, it may be inflated, and then tied, so as to keep it more or less filled with air. It can be removed, when necessary, by letting out the air, and replaced as often as desirable. Females who need this aid in supporting the womb, may soon learn to use it themselves. Many kinds of pessaries to support the womb have been invented, but this, on many accounts, seems to be the best, especially in self treatment. By wearing these pessaries, not a few ladies manage to get along very well, with an affection often very troublesome. Some ladies wear what are called abdominal supporters, but these are often useless, and sometimes, when they press *above* the womb, increase the very trouble they are worn to remedy.

OBSTRUCTED MENSTRUATION.—[*Amenorrhœa.*] The monthly flow may be obstructed entirely, or only in part. Should obstruction be complete, after arriving at a proper

age, and remain so for some months or years, and the health be poor, only a well instructed physician can give proper advice in the case. Where a partial and scanty flow occurs there may be need of medication, if the health is poor.

*Treatment.* Improve the general health; wear thick shoes; exercise in the open air. The remedies are Puls., Hep. S., and Sepia, each once a day.

**DIFFICULT MENSTRUATION.**—[*Dysmenorrhœa.*] *Symptoms.* Severe pains in the head, back, and lower parts of the bowels; bad feelings generally.

*Treatment.* Bell., Cham., and Ac., each once or twice a day. In severe cases the pains are so hard, the Aconite sweat will afford great relief. Ten days before the periods are expected, take Sepia every night and morning.

**EXCESSIVE FLOW.**—[*Menorrhagia.*] This flow may come on too often or be too much.

*Treatment.* Improve the general health, and use enemas, with vaginal syringe, of water and few drops of Ham. V. Take Bell. and Plat., each once a day, for several days before the usual occurrence of the periods. Some females may have their periods oftener or less often than is usual, and yet enjoy very good health.

**STONE OR GRAVEL.** In a vitiated state, solid deposits of lime, soda, phosphorus, or other substances, take place in the kidneys and bladder. Sometimes these deposits, in the form of gravel stones, in passing from the kidneys to the bladder, through the ureters, cause terrible suffering, as does the presence of stone in the bladder. Occasionally small gravel stones are voided when urine is passed. The end of the penis, in these affections, has an unusual and painful sensation, and the water is usually passed with great difficulty, and in small quantities.

*Treatment.* In severe cases, give the Aconite sweat. Give Ac. every half hour, occasionally omitting it for Canth. In passing water hold the skin tight over the end of the penis, force all the urine you can in the penis, and let go suddenly. In this way gravel stones may be sometimes expelled from the bladder. This disease is so dangerous that good medical advice should be obtained, if possible, though it will often yield to the treatment here given. (See Inflammation of Bladder.)

HOW TO RESTORE DROWNED PERSONS. The old mode is very objectionable. The following are Hall's rules, and may be safely followed:

“1st. Treat the patient *instantly, on the spot*, in the *open air*, freely exposing the face, neck and chest to the breeze, except in severe weather.

2d. In order to clear the throat, place the patient gently on the face, with one wrist under the forehead, that all fluid, and the tongue itself, may fall forward, and leave the entrance into the windpipe free.

3d. To excite respiration, turn the patient slightly on his side, and apply some irritating or stimulating agent to the nostrils, as Veratrine, dilute Ammonia, etc.

4th. Make the face warm by brisk friction; then dash cold water upon it.

5th. If not successful, lose no time; but, to imitate respiration, place the patient on his face, and turn the body gently, but completely on one side, and a little beyond; then again on the face, and so on alternately. Repeat these movements deliberately, and perseveringly, fifteen times only in a minute. (When the patient lies on the thorax, this cavity is compressed by the weight of the body, and expiration takes place. When he is turned on his side, this pressure is removed, and inspiration occurs.)

6th. When the prone position is resumed, make a uniform and efficient pressure along the spine, removing the pressure immediately, before rotation on the side. (The pressure augments the *expiration*; the rotation commences *inspiration*.) Continue these measures.

7th. Rub the limbs *upward*, with firm pressure and with *energy*. (The object being to aid the return of venous blood to the heart.)

8th. Substitute for the patient's wet clothing, if possible, such other covering as can be instantly procured, each bystander supplying a coat or cloak, etc. Meantime, and from time to time, to excite inspiration, let the surface of the body be slapped briskly with the hand.

9th. Rub the body briskly till it is dry and warm, then dash cold water upon it, and repeat the rubbing."

These rules may be followed in cases of apparent death from hanging or poison.

POISONING. Without delay, give active emetics, such as Mustard, Tartar Emetic, or White Vitriol. For *Nitric* or *Oxalic Acid*, give very strong soap suds, then flax seed tea, or chalk and water, may be given. In poisoning from *Alkalies*, give vinegar, castor or sweet oil, or lard. For *Arsenic* poison, vomit and give the Hydrated Per Oxide of Iron, or whites of eggs. For *Iodine*, give starch or wheat flour, well mixed in water. For *Copper* poison, use milk or whites of eggs; same for *Creosote*. For *Opium* or *Morphine*, give emetics, and keep the patient in motion. For *Strychnia* or *Nux Vomica*, vomit freely.

N. B.—Charcoal has great absorbent qualities, and, in cases of poisoning, may be swallowed in water, in unlimited quantities. A coal from the fire, pulverized, will answer. Common salt will meet some cases of poi-

soning, and may be used in any. If breathing is suspended, treat as directed to restore drowned persons.

**ACCIDENTS AND CASUALTIES, GAS, CHOKE DAMP, ETC.**  
As soon as any person is discovered, who is suffering from having breathed impure air, pure air should at once be supplied. If required, treat as for drowned persons.

*Bleeding Arteries.* See Wounds.

*Choking.* Feel for the obstructing body at the top of the throat. In this way, vomiting may be excited. Strike the patient on the back. Hold him up by the heels, and strike him between the shoulders.

*Falls.* If fainting has come on, the head should not be raised higher than the feet. Bathe the face in water. Give plenty of fresh air.

*Lightning.* If the person seems to be dead, use the means to restore drowned persons. In all cases of apparent death, persevere in the means pointed out.

**BLACK TONGUE.** A fever which is marked by a very black tongue. Treat as for typhoid.

**MILK SICKNESS.** A peculiar disease, confined to some restricted sections, in a few Western States. In some respects it resembles cholera.

*Causes.* It is supposed to have its origin in some unknown poison eaten by cattle, and communicated to their flesh and milk. Either this milk, or butter made from it, or the flesh of affected animals, if eaten, produces this strange malady.

*Symptoms.* Cattle affected by this poison tremble, stagger, grow weak, and die in a few hours. It is very fatal to man and beast. It kills dogs, cats, fowl, and even crows, which eat of the affected flesh. Human beings, affected with it, show an offensive breath, putrid

tongue, vomit severely, complain of severe burning in the stomach, costive bowels, and great thirst.

*Treatment.* Give the Aconite sweat, promptly and thoroughly. Then give Ac. and Ars. Al. one hour apart. If the strength holds out, give the sweat every twelve hours. Between giving the leading remedies, for the vomiting, give Lobelia. If the bowels are costive, move them with injections of strong Smart Weed or Boneset tea.

**FRECKLES.** Rub on lemon juice.

**SORE NIPPLES.** Use a rubber shield while nursing the baby. Bathe nipples with the Yellow Wash. When dry, coat them over with cream.

**INFLAMED BREASTS.** Use Ac. and Bell. several times a day. Keep the breasts well drawn. Should the breasts suppurate, give Hep. S. three times a day, and poultice with bread and milk. A liniment may be made of sweet oil and brandy, equal parts, and applied warm. Use this freely, rub long, and begin treatment as soon as the least soreness is felt. See table.


**INCONTINENCE OF URINE. WETTING THE BED.** *Cause.* Weakness of the muscles which control the outlet of the bladder; general weakness; worms in the rectum.

*Treatment.* Sponge the private parts every night on going to bed with cold water. Wipe dry. Before going to sleep pass all the urine you can. Drink but little the latter part of the day. Canth. and Sepia., each twice a day.

**GONORRHEA.** About four days after impure connection, or other cause, the lining membrane of the urethra, (the tube which passes the urine out of the bladder,) becomes inflamed, and discharges purulent matter. Tingling, itching, scalding, and burning sensations are felt. Erections curved and painful.



*Treatment.* A capsule of Copavia, (got at the druggists') may be taken three times a day. A few drops of the same in a great spoonful of Gum Arabic water, with a suitable syringe, may be injected into the urethra. Take three doses of Canth. every day. Should the testicles swell, omit Copavia, for awhile, and use Ac. six times a day. For old cases, called gleet, use Hep. S., Ac. Ni., and Mer. V., each twice a day. Leave the orifice of the urethra uncovered.

**SYPHILIS.** Commonly called pox. Most, if not all cases, come from impure connection. The affection may *possibly* be taken from poison left by others on seats of privies. (All sores on the private parts are not, either, syphilitic.) The contagion shows itself within ten days. Syphilis is, if neglected, a terrible disease, affecting in its later stages, the throat, and different parts of the body, with loathsome sores, ulcers, copper colored patches, etc. The remedies are Mer. V., Au. Met., and Ac. Ni., each twice a day.  If you suspect yourself afflicted with this, or the beforenamed disease, keep clear of Lock Hospitals and advertising doctors; consult an honest physician and get cured without delay.

**CAMP ITCH.** This disease, also "Scratches," "Digs," and "Mange," attacks not only soldiers abroad, but those who stay at home. See treatment for itch. Bathe the affected parts with a wash made of Iodide of Potassa, 8 grains to a tea cup full of water. This is useful, generally, for an itching skin.

**CHRONIC CATARRH.** This is a disease of the nasal passages and upper part of the throat. It sometimes runs into a bad stage, called Ozena, the odor of which is like that from crushed bed-bugs.

*Symptoms.* Offensive discharges at the nose; tickling

of the throat ; cough ; hawking of foul matter from the throat ; bad, offensive breath.

*Treatment.* Use the Yellow Wash, both to inject in the nose with a small syringe, or snuff up the nose ; also to gargle the back part of the mouth. Use this in bad cases, morning and night. Take Ac., Mer. V., and Ac. Ni., each once daily. See table.

**WHITE SWELLING.** This disease is of a dropsical nature, and most frequently settles in the knee. It cannot be treated too soon.

*Treatment.* Relax the swelling with applications of warm water. Bandage the knee, or affected part, and soak with warm water twice a day. Use Ac. five times a day. After the part begins to assume a natural look, bathe with the Rheumatic Liniment. Take a few drops of tincture of Golden Seal in a tea spoon full of water, and rub daily on the part. See table. To straighten the limb, requires the use of splints. Those who can get a good physician to advise them, had better do so, in this disease.

**HEART-BURN.** This comes from excessive acidity of the stomach. Use Ac. twice a day. See Dyspepsia.

**FLATULENCY.** This comes from air in the stomach. In connection with it, there may be heart-burn, short breath, and palpitation of the heart.

*Treatment.* Eat regularly, and food easily digested. Use Po. three times a day. See table and Dyspepsia.

**FAINTING.** *Treatment.* Fresh air ; place the head as low as the feet.

**WATER ON THE BRAIN.** Hell. N. and Apis. Mel., each twice a day. Get a doctor.

**INANITION.** Exhaustion from want of nourishment. Restore by giving food cautiously and moderately at first. Consult table.

**DIABETES.** Great and frequent flow of urine. The symptoms are the fact itself, great thirst, and gradual emaciation. Avoid all vegetable food except bread. Use Nux. V. and Mer. V., each twice a day. Consult the table, and if symptoms grow worse, consult a doctor.

**ABCESS.** An abcess may be external or internal. If external, poultice it. If large and deep, and you do not know that you can cut safely and seasonably, get a doctor to open it. By cutting a half inch or so, at the right time, several days and nights of suffering may be saved. Use Hep. S. and Ac., each several times a day.

**STINGS OF INSECTS.** Wash in weak brine. Give Apis. M. three times daily.

**IVY POISON.** If sores get bad, poultice. Give Rhus. T. twice, and Apis. Mel. once a day.

**SNAKE BITES.** Cleanse the wound as soon as possible with water. Give Rhus. T. and Apis. Mel. each twice a day.

**HYDROPHOBIA.** For the mad dog bite, give the Aconite sweat frequently, in the most thorough manner. Use Apis. Mel. three times a day. The virtues of the "Mad Stone" are very highly extolled in this case; it may be justly; it will do no harm to try it. Consult the best doctor you can find.

**CANCER.** If cancer is supposed to be in the system, use Ars. Al. once a day. If visible, the same. Consult an honest doctor. Operations are rarely of benefit.

**GREEN SICKNESS** generally affects only young girls, and shows itself in languor, fatigue, constipation, morbid appetite, white, pasty tongue, weakness, sallow countenance, menses of a light color, or obstructed. Use Po. and Sepia, each twice a day. See table.

**BURNS AND SCALDS.** If deep and extensive there is

great danger. For a slight burn, hold the part near the fire. For bad burns, apply soft soap, or hard soap softened. Put the soap on a linen cloth, spread evenly over the burn. Change the dressing every day. Sweet oil is a very good dressing ; also, wheat flour. Prick the blisters, but leave the skin as whole as possible. Use Canth. three times a day. If fever comes, give Ac.

**FROZEN LIMBS.** "Take out frost with frost," or rub on snow. When the frost is out, treat as for burns, and consult the table.

**HICCOUGH.** A drop of Lobelia, m. t., in a tea cup of water, a tea spoon full every five minutes.

**ULCERS AND OLD SORES.** These usually need to be poulticed. Poultices may be made of various materials. Bread and milk, or slippery elm, are very useful for inflamed surfaces. A poultice of bran and yeast is very good for old, foul sores. A potato poultice for inflamed eyes, and a tomato poultice for carbuncles and cancerous sores. Internal remedies are of value in treating ulcers and sores. Among the remedies are Anti. Cru. for deep, spongy ulcers ; Arnica or Ham. V. for painful, bleeding ulcers ; Au. Met., for painful ulcers, or ulcers attended with low spirits ; Ars. Al. for stinging, twinging, smarting ulcers ; Canth. for itching ulcers ; Cupr. for old ulcers ; Hep. S. for mercurial ulcers, burning at night ; Iod. for hard, bleeding ulcers ; Phos. for fistulous ulcers, with fetid discharges, and attended with hectic fever ; Rhus. T. for small ulcers, with tingling, smarting, and creeping sensations.

**CERATES OR OINTMENTS, AND PLASTERS.** There are several Homœopathic remedies which are very valuable as cerates, or ointments, for external use. When required they can be furnished with our book and case, or they can

be bought at the Homœopathic Pharmacies. They are all neatly put up and labeled, with directions how to use them. Among them are *Apis*. for eruptions, boils, etc., *Arnica* for burns, etc., *Aescalus* for piles, *Aconite* for neuralgia, etc., *Urtica* for burns, etc., and several others, for different purposes, among which is an invaluable ointment for sore, or inflamed eyes. Plasters are often very useful, as for weakness in the back, heart affections, etc. The *Arnica* plaster, if honestly made, is as good as any. They should be applied, according to directions, directly over the affected parts.

**LOSS OF APPETITE.** This condition attends various complaints, particularly derangements of the stomach and liver, to which the reader is referred. Avoid stimulants. Bathe every day. Exercise in the open air. Use *Po.* three times a day, and consult the table.

**VORACIOUS APPETITE.** See Dizziness. Use *Nux. V.* and *China*, daily.

**BLUE DISEASE.** An unfortunate malformation, attended with blue tinges of portions of the face and body. Give *Lobelia* and *Dig.*, each twice a day.

**DEBILITY.** General weakness attends various morbid conditions. When there does not seem to be much disease in this case, depend on bathing, exercise, and wholesome air. Avoid bitters and all patent medicines. Look the table over, and if you see any remedy which applies to the case, use it.

**HERNIA, OR RUPTURE.** Hernia consists in a protrusion of the intestines out of the abdominal cavity. Some are born with hernia. But it is generally produced by strains, hard lifting, jumping, or some violent exercise. Of hernia, there are several varieties. *Umbilical*, located at the navel, is most usually confined to children. A

band around the belly, with a little padding directly over the bunch, is all the treatment generally needed. *Inguinal* hernia makes its appearance in the groin, as does *Femoral*, the last a little lower down than the first. *Scrotal* hernia descends into the scrotum. To replace hernia, let the patient lie down, let the hips be well raised, and draw up the leg of the affected side. Then grasp the tumor and press out and up gently, but firmly. Should this fail, reverse, somewhat, the direction of the pressure. Hot cloths, or warm fomentations applied to the parts, will aid in replacing the hernia, as may the Aconite sweat. Use no violence. A good fitting truss is all important in managing hernia.

**DISLOCATIONS.** These happen sometimes when a surgeon cannot be got to reduce them. To get the joint back in place, make it take the back track, as nearly as you can, reversing the course it took to get out. This generally requires considerable extension. We give the mode in a few cases.

*Lower Jaw.* This may come from blows or yawning. The patient is unable to shut his mouth. The chin is thrown down, or towards one side. Wrap your thumbs in cloth or leather, place the patient on a stool, stand behind him, head against your breast. Place the thumbs on the jaw, well back in the mouth, and apply your fingers to the jaw externally. Get a firm hold, press downwards and backwards, and if you use power enough, the work is done.

*Shoulder.* From its exposed position, the upper bone of the arm is often thrown out of joint. When this takes place, the patient cannot move the arm. Compare the joint, supposed to be out, with the opposite joint, (a rule for other cases,) and you will see where the head of the

bone lies. Then make it take the back track. An author tells of a farmer, who set dislocated shoulders "more ingeniously than most surgeons. With his right hand he seized the elbow of the dislocated arm, keeping it bent, and gently moving it from the body; with his left hand he crowded a large ball of yarn as far toward the arm pit as was practicable; then using the arm as a lever, the ball of yarn becomes a bait and roller, over which he guided the head of the bone into the socket."

*Elbow.* Bend the arm and let two persons make extension, one upwards and one downwards, while the operator guides the protruded bone into its socket. These examples will give the necessary hints as to procedure in other cases.

**BROKEN BONES.** If you cannot get a doctor, lay the broken bone perfectly straight, and by extension, if needed, and handling, give it a position as near like its sound mate as possible. Secure this position with splints and bandages. Apply water to keep down inflammation. The patient must be quiet. Do not bind the limb so tight as to be painful. Wait. Nature must do the healing.

**SPRAINS.** Keep down inflammation with water. Bathe often with Arnica. Bandage the limb. Use the Rheumatic Liniment.

**WEeping SINEWS.** These appear on back of hand or wrist. A piece of flat lead bound on them, for some time, may disperse them. Apis. Mel. may be used daily.

**WOUNDS.** Clean cuts heal more readily than when the flesh is bruised and torn. Punctured wounds, such as are made by a nail, or some dull instrument, may lead to lockjaw. If there is dirt in the wound, cleanse it out. Bring the parts close together, as neatly as you can, and

secure by a few stitches, or adhesive plaster. Put the plaster across the wound in strips, and leave a little space between them. If an artery is severed, the blood will come out in jets. If there is much bleeding, it should be promptly arrested. Press with the fingers on the limb, above the wound, and the beating of the artery may be felt beneath them. Over this place, put any hard substance, such as a bit of wood, a jack knife, or pebble, and bind it on with a handkerchief. Put a small stick under the handkerchief, and twist it round, until the artery is compressed. This simple plan may save life. Cold water and Arnica should be used to keep down inflammation. Cobwebs and fine leather shavings are good to place in and over wounds to stop bleeding. They may be done up in their own blood. In deep wounds, the healing should begin at the bottom; and it is often necessary to keep the edges of the wound somewhat open, by lint, so that the wound can discharge, and the healing process go on in the proper order. Change the lint every day, and for symptoms requiring medication, consult the table.

**OFFENSIVE BREATH.** If from decayed teeth, go to the dentist. It may be a symptom of some disease, as catarrh or diphtheria.

**CRAMPS.** These may occur with the muscles of the belly, back, legs, and elsewhere. Bell. and Lobelia are the main remedies. If the cramps appear to be in the belly, give Col. If very severe any where, give the Aconite sweat.

**SPINAL AFFECTIONS.** Some of the signs of spine disease, are pain and soreness in the back bone, constipation of the bowels, and general weakness, and in different parts of the back. Bathe the back daily in weak brine. Consult the table, and if the case does not readily yield to your own treatment, consult a doctor.



**RICKETS.** In this disease the bones are soft and often distorted and enlarged. The treatment should look to the improvement of the general health, and the diet should be good and ample. Cal. Car., Phos., and Sil., are the proper remedies, each once a day.

**INFLAMED TONGUE.** In this case we have heat, redness, and a swollen condition of the organ. It may be almost impossible, at times, to swallow even liquids. The mouth may become very foul and offensive. For this affection there may be several causes. If from Mercury in the crude and Allopathic dose, use two doses of Ac. Ni. daily; if from catarrh, use Ac. several times a day, and if the throat is sore as well as the tongue, use Bell. at night; and in all cases use the Yellow Gargle freely.

**TRICHINA, OR HOG DISEASE.** A disease, caused by eating pork in which little worms have been detected by the microscope, has of late years appeared. It is very fatal. These worms seem to inhabit the muscles, or lean part of the hog. The fat is believed to be exempt from them. Never eat raw pork, as some do. All pork should be well cooked. This will kill the worms, if there should be any present. Should any sickness follow pork eating, which bears marks of an unusual character, watch the symptoms, consult the table for remedies, and get medical advice as soon as possible.

**SCIATICA.**—[*Hip Disease.*] The symptoms of this severe disease, are pains at, or near, the hip joint, and which often run down the leg, following the course of the sciatic nerve, to the knee, and even to the foot; in the last case, interfering with the motion of the foot. We refer to our remarks on Rheumatism, of which disease this is a very uncomfortable form. The liniment and

treatment recommended for rheumatism in general, is very useful in sciatica, but the severity of this disease, makes some more specific directions for its treatment important. Should the pains be of a hot or burning character, give two or three doses of *Ars. Al.* daily. If the pains are of a cutting nature, or as though a knife were thrust into the flesh, use daily a few doses of *Ign.* If the limb becomes numb or cold, or there is a tendency to paralysis, use *Nux. V.* every night on going to bed. If there are throbbing sensations, use *Bell.* and *Col.*, each twice a day.

Bathe the affected parts on going to bed with alum water, and pack the limb in cotton bats. If unable to sleep, take an occasional dose of *Ac.* during the day. If the appetite fails, take a dose of *Po.* every morning. Exercise the limb, if possible, a little every day. If the bowels are costive, keep them open with injections. Sometimes a general Aconite sweat will do more to mitigate the terrible pains of sciatica than any thing else which can be done. It can in no case do harm.

**RAWNESS OF THE SKIN.** Usually attention to cleanliness is all that is needed in this case. In the case of babes, a little buckwheat flour may be sifted on. In obstinate cases, *Cham.* and *Mer. V.* may be used, each twice a day. Possibly itch may be present; if so, treat as directed for that complaint.

**VARICOSE VEINS.** Enlarged veins often follow the confinement of women, and attend both sexes, under various circumstances. In bad cases, consult a doctor. If you treat yourself, use daily a weak wash of *Ham. V.* For internal remedies, use *Ac.* and *Hep. S.* If the veins are very large, bandage the limb, and exercise it as little as possible. If the limb gets sore and discharges matter,

poultice with yeast, mixed with flour, or with bread and milk. Sometimes an elastic stocking for the leg, if the disease is located there, may be worn to advantage.

**DEAFNESS.** This condition is sometimes hereditary, but oftener, especially with the young, the result of some acute disease. Scarlet fever often leaves its victims deaf. Deafness, as the attendant of old age, is incurable. But in many cases, with the young and middle aged, can be cured. The Yellow Wash, injected in the ear, is often of great value. If the throat is sore, or the tonsils are swollen, it should also be used as a throat gargle. A drop or two of the oil of sweet almonds may be put on cotton and worn in the orifice of the ear at night, and on going out doors. Ac. and Bell. are the internal remedies. Use Ac. during the day, three or four times, and a dose of Bell. at night. This treatment has relieved and cured cases of deafness of many years standing.

**ULCERATED OS.** The mouth of the womb sometimes becomes the seat of ulceration. The ulcers there formed may be of different natures, and show different local and constitutional symptoms, in the sufferer. Our advice is, in this case, to seek the aid of a good Homœopathic physician. Homœopathy is safe and free from danger to the patient here, as in all other diseases. Not so with the treatment too frequently resorted to by other schools of medicine. The too usual practice is to cauterize the mouth of the womb with some eating or burning agent,—nitrate of silver, being a favorite one. We warn the sufferer to avoid all such harsh and dangerous, as it is, also, often worse than useless, as well as cruel treatment. We have treated many cases of this kind, successfully, with mild remedies, after this system of torture has been tried in vain. Indeed, all diseases of the womb, and its

appendages, can be efficiently treated without the use of harsh means. In this single matter alone, Homœopathy has conferred a priceless boon on the female sex.

As to treatment, our advice is, where it is not convenient to employ a doctor, to consult the table for remedies to meet the constitutional condition of the patient, and use the Yellow Wash for vaginal enemas. These enemas, alone, will often remove the ulcers, while all such symptoms as headache may be relieved by Bell. or Puls., and melancholy feelings by Au. Met., or Plat. Cal. Car. is also valuable, where the patient is weak and the appetite poor, or where Lucorrhœa is present, or there are other unhealthy discharges.

TURN OF LIFE. The menstrual period in woman's life, usually terminates at about the forty-fifth year. This is often a critical event in her history. For a year, or more, she may be very miserable in health. Women have, therefore, learned to look forward to this "*change of life*," with great anxiety. The digestive organs are, at this time, often impaired, the strength fails, and the mind becomes gloomy. Vomiting often occurs, the head aches, the bowels are often the seat of pain, with stupid feelings pervading the whole body. Sometimes stupidity gives way to restlessness and gusts of anger or grief.

The best way to treat this physical and mental condition is to make reason do her duty, bearing in mind, that this is a natural event, to be made as tolerable as possible, by cheerfulness, temperance, and patient submission. For medicinal treatment, consult the table, though it may be well for us to say, that Ac., Nux. V., Puls., and Po., will be most often needed. One or two doses a day, of one or two of these remedies, will be sufficient. Ac. will be useful, where the head is pressed with blood; Puls.

where the pains are located in the lower parts ; Nux. V. and Po., where the appetite is poor and capricious. Bathing the back in weak brine is very useful. Take exercise in the open air. Women should know, for their encouragement, that after passing this period, they may find their health better than for years before. But they should avoid dosing with drugs in massive doses, and let nature meet with no interference on their part.

NIGHT MARE. Exercise in the open air, eat light suppers, use a sponge bath before going to bed, keep the mind cheerful, and if the bowels are constipated, use a dose of Nux. V. every night before bed time.

SWOLLEN BOWELS. This condition, occasionally very painful, often comes from wind, which distends them, and proceeds from errors in diet, or weakened bowels from any cause. Injections of warm water, rubbing the bowels with the hand, with an occasional dose of Col., will afford relief. A warm bath or cloths wet in warm water laid upon them, may be very useful. Sometimes the sweat, we so often recommend, will be more useful than any thing else.

ITCHING AND SORENESS OF THE ANUS. This sometimes attends piles, for which, see treatment. Sometimes worms, general weakness, or some taint of the system, may cause this condition. A frequent bathing of the parts with warm or cool water, may be very useful. Cloths wet in water, to which a few drops of Ham. V. have been added, may be applied to the parts. Ac. and Hep. S. are the main internal remedies, of which use each twice a day.

FALLING BOWEL. Sometimes the bowel comes down in sight, from straining at stool, weakness, or other causes. It may be oiled and easily replaced by gentle

pressure, and kept in place by a pad and strap, secured to a belt above the hips. Bathe the parts, and give Ac. and Col. each twice a day.

**BED SORES.** Patients long sick, and confined to the bed, with wasting disease, dwindle down, sometimes, to be mere skeletons. These sufferers are often afflicted, in addition to other troubles, with bed sores. Try and *prevent* this condition, by carefully adjusting the bed and clothing, best to suit the patient. Let the sheets be free from bunches or ridges. Something soft spread over a mattress may answer a good purpose. Keep the patient clean. If parts become red or chafed, put on a little sweet oil or glycerin. A few drops of Arnica in a half tea-cup of water, may be applied as a wash. A little flour may be sifted on red or raw places.

**LOCAL PAINS.** Sometimes pains are felt in different parts of the body, as in the stomach, head, face, bowels, arms, legs, kidneys or lungs. Children, unable to explain in words their own feelings, may show, by their acts, these local sufferings. These pains may sometimes be the premonitory symptoms of fever; or they may come from some local disturbance. Perhaps there has been some exertion, or over-eating, that has induced them. A good night's rest will often dissipate them; but in no case will a few doses of Ac. be out of place. Ac., Bell. and Nux. V. may be given under these circumstances to advantage. Should the pains, from being local, become general, give the sweat.

**DETERMINATION OF BLOOD TO THE HEAD.** Not only in acute diseases, as in brain fever, is the blood unnaturally determined to the head, but this condition is sometimes of a chronic character, and attends many persons who lead a sedentary life, particularly if they indulge in

stimulating drinks, or strong tea and coffee. The symptoms are fullness of the vessels of the head, (the beating of its arteries often being distinctly felt,) hot, or puffed face. Sometimes the face is very red, and sometimes very pale. The head aches and is giddy. The tongue is furred, but red at the tip. Dyspepsia and constipation may be present.

The great remedies are Nux. V., Po. and Ac. The habits must be reformed. The diet must be light. Open door exercise must take the place of in door confinement. Coffee and alcoholic liquors must be abandoned, and temperance must take the place of indulgence. With this change of habits, use Po. in the morning, Ac. in the afternoon, and Nux. V. at bed time.

We add this caution:—Those who expect to get rid of this difficulty, while they indulge in gluttony and intemperance, by using cathartics and dye stuff from the apothecary's shop, will be quite likely to be mistaken.

SEA AND CARRIAGE SICKNESS. Sickness from the motion of a vessel, or that from a carriage, are very much alike. Ordinarily, what will prevent or relieve one, will also help the other. Among the means to mitigate this very unpleasant condition, the food eaten should be of a simple character. Load up the stomach with rich and indigestible food, just before going on ship-board, or taking a carriage for a long, rough ride, and unless accustomed to these modes of travel, the result may be, a violent unloading of the burden, by vomiting. A little salt on the tongue will sometimes "turn" this sickness, or a little dry salt codfish may be eaten. Should the sickness become excessive, and the strength fail, use a few doses of Ars. Al. If the vomiting is attended with griping pains in the bowels, use Col. If the stomach is

merely uneasy, with but little vomiting, use Ipecac. Babes, when carriage or sea sick, may be benefited by using these remedies, and also using an occasional dose of Cham. or Bell. In all cases, a few doses of Nux. V. may be advisable before going on board of vessels, taking care not to overload the stomach before hand, or at the commencement of the voyage. The same remarks will apply to preparation for stage and car travel.

**CONSTANT INCLINATION TO STOOL.** This may attend piles, or the location of pin worms in the rectum, may come from a cold, weak bowels, and may co-exist with severe lung affections. The patient may be able to be about, yet suffer from this unpleasant affection. The treatment should consist of daily cold bathings of the bowels, and a brisk rubbing of the parts with a wet flannel cloth. The diet should be light. All stimulants should be avoided. The medicines are Nux. V. and Hep. S., each daily. If worms or piles cause this condition, see the treatment for them.

**SUPPRESSED URINE.** A warm bath, the sweat, or warm fomentations to the lower parts of the bowels, may be useful. The remedies are Apis. Mel., and Canth. If there is great heat over the bladder, give Ac. and the sweat without fail.

**UNHEALTHY SKIN.** With some people the skin is very irritable, yellow, rough, and sensitive. The least scratch makes a bad sore, and any little bruise shows a discoloration for a long time. There may be purple patches of skin in the absence of bruises, owing to the poor circulation of blood in the capillaries. The treatment must be mainly Hygienic, and consist of daily bathing, open out door exercise, temperance in diet, with great regard to cleanliness of person. In this condition of the skin there



is usually some *scrofula* in the system. The remedies are Iod., Hep. S. and Ars. Al., each once a day. Harsh or woollen goods should not be worn next to the skin. Parents should know, that such clothing, is often as uncomfortable as fire, to the skins of their children.

INSANITY. Statistics indicate that insanity is on the increase in the civilized parts of the world, and especially in our own country. Knowledge is the tree of good and evil. Savages, African Negroes, and the low and uncivilized races generally, are almost totally exempt from this deplorable calamity. The truth is, we live too fast, work too much, rest and sleep too little. Our business men are on the jump from early dawn till late at night, overburdened with cares and oppressed with perplexities of mind, more fatal to health of the body and soundness of intellect, than the hard toil of the laboring millions. As a people, we need more rest, more holidays, more amusements, more air, more light, (moral and physical,) more cheerfulness, and more attention to the laws of health and the commands of nature.

As to the treatment of the insane, our advice is, (unless there are urgent reasons for a contrary course,) not to send the insane to asylums immediately on the appearance of insanity, but consult a good physician, change the habits of the patient, if they seem to have any connection with the causes of his insanity, and treat, or have the case treated, for a while, at least, at home. Those who once enter these institutions, as patients, even if they are discharged subsequently as cured, may not be cured, and they never get rid of a certain reputation that in after life stands in their way. Many cases of insanity can be cured by proper treatment, medical and physical. Nux. V., Hell. N., and Bell. are among the remedies most

proper in insanity. Give each daily. With these remedies, and relaxation from business, the author has saved several persons from the necessity of going to insane asylums, and proved the great value of Homœopathic remedies, in this, as in other formidable diseases.

But it is better, by far, to prevent insanity than to cure it. To do this, in addition to the few hints we have given, we add the testimony and advice of Dr. Forbes Winslow.

Says this eminent author: "There is no fact more clearly established in the physiology of man than this, that the brain expends its energies and itself during the hours of wakefulness, and these are recuperated during sleep. If the recuperation does not equal the expenditure, the brain withers—this is insanity. Thus it is that, in early English history, persons who were condemned to death by being prevented from sleeping, always died maniacs; thus it is also that those who are starved to death become insane,—the brain is not nourished, and they cannot sleep. The practical inferences are these: 1st, Those who think most, who do most brain work, require most sleep. 2d, That time "saved" from necessary sleep is infallibly destructive to mind, body, and estate. Give yourself, your children, your servants,—give all that are under you, the fullest amount of sleep they will take, by compelling them to go to bed at some regular, early hour, and to rise in the morning the moment they awake; and within a fortnight, Nature, with almost the regularity of the rising sun, will unloose the bonds of sleep the moment enough repose has been secured for the wants of the system. This is the only safe and sufficient rule; and as to the question how much sleep any one requires, each must be a rule for himself—great Nature will never fail to write it out to the observer

under the regulations just given." In addition to this sensible advice, we add a warning against the use of intoxicating drinks. Intemperance is a frightful cause of insanity. Powerful narcotics should also be avoided, and the brain kept clear and healthy by temperance and well regulated habits.

**SOFTENING OF THE BRAIN.** In this case the brain undergoes an organic change, which is marked by a gradual decrease of mental power, loss of memory, inability to tell a story connectedly, and strange feelings in the head. Intemperate persons, high livers, laborious students, and hard workers in the office, store, and counting room are the victims of this fearful disease. The treatment is simple. Reform the habits. Take plenty of out door exercise, using once a day a dose each of Phos. and Cal. Car.

**COSTIVENESS IN INFANTS.**—Infants are often very costive, especially those who do not nurse from the breast, but live on cow's milk, prepared barley or oat meal, which are very good articles of diet, but liable to constipate the bowels. Injections should be given to move the bowels, and to relieve this constipation use Nux. V. once a day, and give the baby cake made of wheat flour, sweetened with West India molasses. The cake should be shortened but a little. It should not be eaten hot. This food may be given in connection with any other of a suitable kind.

**INGROWING TOE NAILS.** Wear loose shoes. Cut the toe nails in the centre, down to the flesh, and let the corners remain uncut. Bathe with Arnica.

**STITCH OR PAIN IN THE CHEST.** Ac. for medicine. Plasters may be worn over the affected parts, or bathe them in salt and water.

INHALATIONS IN AFFECTIONS OF THE AIR  
PASSAGES.

As we wish to give all the information possible, within our prescribed limits, on the treatment of disease, we call attention to a mode of introducing medicine into the system, by inhalation. Lung, throat, and nasal diseases are often benefited in this way. By parties interested in this or that apparatus for inhalation, great claims of superiority have been put forth for their respective instruments. Instruments, of considerable cost, and liable to get out of repair, or become utterly useless, are palmed off on suffering patients. A cheap, good, and durable instrument for this purpose has been invented by the author, and may be thus described :—Have a tin vessel made, just like an old-fashioned lamp-filler, except that the spout should be placed about two inches from the bottom. Have the spout made in two parts, with a small box in it, so that the bottom of the box may be soldered to the top of the lower part of the spout, about an inch from the body of the vessel, and let the upper part of the spout be soldered on the lid of the box. Holes should be cut where the spout is soldered to the box, to permit the vapor from the vessel, to pass through the box. The box should be made with a lid, or cover, like a common tin box. It should be about an inch and a half deep, and the same in diameter. The object of this box is to receive a fine sponge, which should nearly fill it, but not fit in very tight. The medicated vapor should be made to pass through it. This sponge, with its thousands of fine tubes, makes a better atomizer, than all the glass tubes, costly and liable to be broken or get out of repair, that have ever been seen by the writer.

To use this inhaler, enough hot water should be put into it, to just come up to the bottom of the opening for the spout. The medicine to be atomized and inhaled, should be put on the sponge, and the part of the sponge on which the medicine is put, should be placed on the bottom of the box. Close the box and inhaler, and heat the water in the vessel until a slight vapor passes out through the spout. Inhale this vapor by sucking at the mouth end of the spout. When the water is too cool to raise a vapor, heat again.

In lung diseases a few drops of the tincture of Iodine, may be used on the sponge. Or tar may be put in water, and when it tastes well of tar, the tar water may be used in the body of the vessel, a clean sponge being used in the box. The yellow wash may also be used, in this way, and in some severe cases of diphtheria, where the throat is so full of the membrane as to make it difficult to swallow, the vapor of Kali. Bi. may be administered instead of the solution. The medicated vapor will reach in this way, diseased parts, that could not be reached in any other. The main medicines the author uses in inhalation are Iodine, common tar, and Kali. Bi. (A gallon of tar water may be made, and used as required.) This whole apparatus will not cost a dollar, and if rightly used, will work well.

Where the patient is too weak to hold the inhaler, a flexible tube of any desired length, may be attached to the spout of the vessel, and the vapor conveyed to the mouth in this way. In this case the vessel can remain all the time, on the hot stove, or over a lamp, and the vapor will in this way, be constantly supplied.

## MEDICAL ELECTRICITY.

On this subject we wish to say a few words, both by way of suggestion, as well as practical advice. There are some diseases of such an intractable character, that if any help for them can be obtained, outside of the usual, and, sometimes, do the best we may, unsuccessful modes, we ought gladly to avail ourselves of any such aid. Electricity is an all pervading force in nature. Its office, though but poorly understood, seems to be to regulate and harmonize the disturbed material conditions within and around us.

In detecting the seat of disease, the application of electro-magnetism to the different parts of the body, is often found of service. Such diseases as St. Vitus' dance, epilepsy, neuralgia, asthma, palsy, and inflammations of a local character, are said to be greatly relieved or wholly cured by it. Even badly curved spines, are, it is claimed, made straight by its use.

Doubtless electricity may be improperly applied. The greatest mistake is in using it too strong. There is, also, a choice in instruments; those which are operated by fluids answering a better purpose than the dry ones. In using electricity to find the seat of disease, the mode is to seat the patient on a stool, or chair, have the clothing so adjusted that you can place the negative pole of the battery at the lowest part of the back bone, this pole being enveloped in a damp sponge or cloth. The positive pole should also be enveloped in a moist cloth or sponge, and, held by the hand of the operator, should be placed at the lower and back side of the head. (Let the current be very light.) Pass the positive pole slowly down the spinal column; also over the entire body, directly on the

skin, using only very light currents over the heart and lungs. Affected organs, by this general application of electricity, as the sponge passes over them, will experience peculiar sensations. If the head is to be operated upon, first wet the hair thoroughly, and have it nicely combed, then, (the negative pole remaining where first placed,) take the positive pole in your left hand, and pass a very light current over the whole head. If any part of the head seems to be particularly affected, direct the current to that locality. This is the course to pursue in a majority of cases. Wherever, in passing the positive pole over the body generally, a sensitive spot is found, or you know there is disease located there, operate on these localities. The application may be also made in a general way, occasionally, and thus every part of the body may be reached. The operation should not last over twenty-five minutes, but may be repeated two or three times a day. Sometimes the currents may be *reversed*, by sitting on the positive and handling the negative, said to be best in treating old sores or ulcers. In cases of paralysis, the sensations are not very acute, and more powerful currents may be required than in some other cases.

In treating for epilepsy, the negative pole may be put in a pail of water, and the bare feet placed upon it, using the positive pole with the hand. This is the best way where there is a good deal of blood determined to the head. If the head seems to lack blood, and the face is pale, reverse the order, or change the currents. When currents are changed in this case, the treatment should not last over ten or twelve minutes. For St. Vitus' dance use general treatment, particularly along the spine, limbs, and over the brain. If the currents, as first

described and applied, (the patient sitting upon the negative pole,) do not afford relief, the order may be changed. General treatment, (the feet in water on the negative pole, and the positive pole passed over the body,) is useful in most cases of local trouble. But local treatment for local affections is the rule. Where the system is broken down with general debility, general treatment is admissible. Doubtless a practical operator,\* can do better, in the use of electricity, than the inexperienced. When practicable, get his advice, and under no circumstances, ever use yourself, or permit others to use for you, electricity so strong as to cause great pain, or even serious discomfort.

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## HOW TO AVOID SICKNESS.

To avoid "colds" is to avoid much sickness. The school boy who was called upon to give the comparative degrees of the word "cold," was not far out of the way of practical facts, when he replied: "Cold," "cough," "coffin."

Colds are often induced by changing clothing from thick to thin, "in leaving off flannels" too soon, or at improper times. When flannels, or under garments are left off, it should be in the morning, and an additional amount of outside clothing should be worn for some days, that the body may gradually accommodate itself to the change.

Thick clothing, especially in the west, should be worn

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\* I have been kindly assisted in preparing this article by Dr. H. Allen, of Chicago, who uses electricity extensively and successfully in his practice.



nights and mornings, even when not needed for comfort. Many an ague shake comes from neglect of this, and this is particularly true of new comers in the west, who must undergo an acclimating process, often perilous, mainly from inattention to the matter of clothing.

Never put on damp clothing, if possible to avoid it. Damp sheets are, especially, to be avoided.

Cold weather is hard on the aged. See to it, that they are well fed, clothed and warmed.

Infants should be well protected with clothing in the winter. The doctrine of "bare arms," for babes, should be banished from the nursery. It has filled many untimely graves.

Avoid drugging with the vile compounds sold under the name of patent medicine. If sick enough to "need physic," as the saying is, consult a Homœopathic "doctor book," or the doctor himself, and let the thousand "curealls" alone.

Bathing the skin and keeping the pores open is essential to health ; but they should never be suddenly closed by cold air or cold water. In young and feeble persons, when the pores are suddenly closed, the effect is often fatal, for the reason, there is not vital power enough in the system to produce the necessary reaction.

Never leave the body cold after bathing. Rub dry and warm. Never leave a warm room when in a state of perspiration, in cold or damp weather, without putting on an over garment. If very warm, as after exercise in speaking, or at work, better wait a few minutes, and cool off gradually. Many a public speaker, as well as washerwoman, has got death colds by neglecting this caution.

Avoid sudden changes of diet, as from plain, country fare to rich hotel luxuries. When these changes are

necessary, eat mostly simple and plain food, for awhile, at least, until the stomach can be trained to the new order.

Keep clean, eat regularly, (though to do so, may sometimes cost fifty cents for a dinner,) avoid intemperance in every thing, keep dry, warm feet, and you will walk in the path of comparative safety.

A variety of food, or change in diet, is very conducive to health. Food should be palatable and well cooked, and vegetables should be ripe and sound.

Have regular hours for sleep, and if possible sleep at night, and not try to change nature's laws. Those who do a good deal of head work, want more sleep than the common laborer. Some people work too hard, some too little. Of the two, "it is better to wear out than rust out," but "wisdom is profitable to direct."

Air and exercise tend to the preservation of health. The healthy air-bath all may easily take, by leaving the close rooms of the kitchen, nursery, parlor, office, or workshop, for out door breathing and exercise. Of course, discretion should be used in these matters. The out door atmosphere at times may be unsuitable for the invalid to encounter. It may be too cold, hot, or damp. But generally, out door air, is the healthiest, purest, and most invigorating, of any we breathe. Children need plenty of pure, fresh air. Many are confined in school rooms, or factories, who should be out of doors. Dwelling houses, and even costly public buildings, are often poorly ventilated. In crowds we breathe the breath others have thrown from their lungs, over and over again. This is injurious. Lungs need a continuous supply of fresh air. Sleeping rooms, usually the most poorly ventilated of any in the house, should be the best supplied with fresh air.

As to exercise, many suffer for the want of it. With the rich, riding in luxurious coaches, takes the place of walking almost entirely. This should be reformed. Those who lead sedentary lives, need exercise, as well as plenty of pure air. They may get the air in the easy carriage, but they want exercise besides. Walking brings most of the muscles of the body into play, and invigorates the whole system. Beware of luxury, ease and indolence. Our bodies have millions of nerves, glands, and muscles, but only one stomach. Those who look after the stomach mainly, and neglect other and important organs, will reap the inevitable penalty.

Some people never get ready to live until they are ready to die. Be wise. Enjoy the present. Don't borrow trouble. The mind has a wonderful influence over the body. "A merry heart doeth good like medicine;" so keep on good terms with God and conscience.

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## DISEASE FROM IMITATION.

It should be known that there are certain nervous affections which may be propagated by imitation. Children should never imitate those who stammer, or are afflicted with chorea, as they may bring these conditions on themselves. Man is an imitative being, and he should only imitate what he wishes to be. "The convulsions of hysteria," says Ray, "it is well known, are apt to be propagated among young women by force of imitation." So, too, physical deformities, may be propagated by imitation, as obliquity of vision may come from imitation of squint-eyed persons.

### “I DON'T KNOW WHAT TO GIVE.”

So will doubtless, at times, some say who may use this book. Such should remember, that good physicians are sometimes perplexed in this very matter. Our advice is, study the book and table well, and these cases of perplexity will be rare. Has the patient a hot head and burning fever? Give *Ac.* Are the bowels constipated? Use injections and give *Nux. V.* Is there pain in the bowels? Give *Col.* Is the urine retained? Give *Canth.* Are the bowels loose? Give *Rheum.* or *Mer. V.* Is the stomach disturbed? Give *Ant. Cru.* or *Ipecac.* Does the heart palpitate? Give *Apis. Mel.* Does the head swim? Give *Nux. V.* Does the head ache? Give *Bell.* Remember, those will be the least perplexed who best study the book.

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### WATER AND WATER TREATMENT.

Essential to every vital process, in the animal economy, and, indeed, in nearly all the wonderful operations of nature, water acts an indispensable part. Water is seldom, however, found pure in nature, owing to its great solvent properties. It is consequently impregnated with almost everything it comes in contact with. Rain water, unless collected from roofs of houses where there is much filth, is the purest and best for drinking, and the best usually obtainable in which to prepare medicine for the sick. Where water is very hard, and none other can be got, it may be boiled and cooled for medical use, as boiling will tend to its purification.

Water, in reasonable quantities, should never be withheld from the sick, and when doctors give drugs that render the use of water improper, they had better forbid the drugs and give the water.

In respect to the "Water Cure Treatment," there is no doubt of the superior advantages of this mode over the old style of drugging the system with large doses of medicines. Better fly to a Water Cure, than to the Jalap, Gamboge, Aloes, and Calomel of the "Regulars." But it is not every sick man who can get to a Water Cure, and the judicious use of water at home, ought to be understood and employed by all who would enjoy good health, and especially by all who use Homœopathic medicine. Yet no one should have "water on the brain" to such an extent as to lead him to reject every thing else as a means of cure, nor to make him insensible to the fact, that this "good thing" may be very much *abused*, and that great injuries may result from its improper use. People can bathe too much as well as not enough.

The warm and vapor baths, so efficacious in various forms of inflammation, and in bruises, colds, and fevers, the author, from long experience, knows to be of great value. But few families have arrangements for administering these baths. And as a good substitute for them, cheap and always at hand, or may be, is the Aconite sweat, as described in this book. Having, in a long experience used, in disease, both the vapor and warm baths, and also this mode of opening the perspiratory glands and relieving pain, the author gives a decided preference to it, as not only less inconvenient and troublesome, as a general thing, but as more effectual and beneficial. Very weak patients can take the Aconite sweat, who cannot well endure either the vapor or warm bath.

Cold baths, or packs, with very weak patients, are often productive of more harm than good, for the reason there is not vital force enough left them to withstand the shock they produce on the system. The great use of water with the sick is as drink, to satisfy the demands of nature, and to keep the body clean. In local inflammations it may be applied to the affected parts by the means of cloths, or in the use of bathing tubs. Two rules should always be observed: One is, never use it so cold as to be disagreeable to the patient; and the other, never leave the patient cold and shivering after using it, but rub dry and warm, and do this without delay.

The signs of good water are its transparency, freedom from smell, pearly brilliancy, freedom from deposit or sediment on standing, and its softness, or ease with which it makes "suds," when soap is used with it.

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## THE SKIN.

We have had much to say of the skin, its importance in the animal economy, and the necessity of keeping it in a healthy condition.

The following remarks from Da Costa on the state of the skin, as indicative of disease, are worthy of attention:

"By the state of the skin we can, to a great extent, judge of the activity of the circulation and of the character of blood. Moreover, it is a fair index of the secretions, and of the condition of the system at large. In fevers, owing to the quickened circulation, the temperature of the skin is increased; the attending dryness is produced by defective perspiration. Coldness of the surface indi-

cates a weakened capillary circulation, and is met with at the invasion of acute diseases, and when the nervous power is under the sway of some highly deleterious influence. If heat of surface succeed a cold skin, we know that reaction has taken place, that the circulation has again become active. Protracted coldness, whether attended with dryness or with clamminess, is of evil augury ; it implies a seriously diminished vital force.

“Whenever the blood is poor and watery, the cutaneous covering is pale. If it be seriously vitiated and deprived of its fibrin, as in putrid fevers, black spots are seen, due to extravasation. Ofttimes the surface is overspread with eruptions, some of which bear a close relation to disorders of internal organs, while others are connected with febrile or general maladies ; and others, again, are owing to a disease of the texture itself.

“Tension of the skin is met with in acute affections accompanied by active excitement. In wasting and prostrating ailments, on the other hand, the skin feels very relaxed and soft ; and in those producing rapid emaciation it is inelastic and lies in folds.”

Dr. Smith, Class Book of Anatomy, holds the following language :

“Above the muscles, and directly under the skin, is a spongy layer, called *cellular substance*, the cells of which are filled with fat. This cellular covering is enormously thick in whales, and denominated the blubber, which keeps the animal warm. Above this is the true skin,—smooth and delicate on its external surface, but of a looser texture on the under side, where it forms a union with the cellular substance. This true skin is *technically* called *cutis vera*. It is profusely supplied with blood-vessels, and so numerous are its nerves that the point of a needle

can nowhere be inserted without wounding one of them. The color of the true skin is nearly the same in all races of men—being as white in the negro as in the European. There is spread over the true skin an extremely thin layer of paint, of the consistence of thin size, which has received the name of *reta mucosum*, and on this wholly and entirely depends the color or complexion of the individual. In the negro, this mucous paste is jet black; in the Indian, copper-colored; in the Spaniard, yellowish; but white in the white variety of our species. This pigment is constantly flowing out upon the skin, to defend its irritable surface against the combined influence of the air, light and heat. These agents, however, exert an action upon the mucous coloring, which dries, becomes hard and insensible, and is continually wearing off, and as constantly renewed. A familiar example of the scarf-skin, the exterior coat of all, is observable in blisters. It is totally insensible, rough, and by no means of a uniform thickness. In the palms of the hands, and soles of the feet, it becomes prodigiously thickened, to defend the tender parts below. This scarf-skin is constantly wearing off, and as constantly renewed, and hence it is inferred that it is really nothing more than the *reta mucosum*, thrown off by the action of the excretory vessels.

“The query may arise, why, if this is the case, are not the palms of the negro’s hands perfectly black? They would be so if the scarf-skin in them had not lost its vitality. When the negro has suffered from a severe burn, the mouths of the ducts which poured out the coloring matter, are sealed up by the subsequent inflammation, so that no more paint is thrown out, and the scar remains white. The reason is plain; the true skin, which is white, is no longer obscured by the black pigment.



“Rouge, pearl-powder, cream of almonds, milk of roses, cologne, spirit of wine, and; indeed, the endless catalogue of cosmetics, which are sold in the shops with the ostensible object of beautifying the skin, are abominable impositions, which ought to be interdicted, by a strict police regulation, till the happy period arrives when common sense is more frequently exercised on the subject of personal appearance. The skin cannot be made permanently whiter, nor can the hair be stained without injuring it; a roseate tint cannot be given to the cheek, by any preparation, that will be abiding. All this class of pretended beautifying articles positively injure the skin, leaving it rougher; and, in old age, in consequence of their habitual application, the face is more thickly wrinkled, and the complexion assumes the hard, dead color of bronze. Still worse, the pores are deranged in their functions, and disease may be induced by the absorption of some of the ingredients of those noxious importations, which were never good for anything but to fill the manufacturer's purse at the expense of those who are willing to be the dupes of their own folly. Cold water is truly a cosmetic, and should be used exclusively.

“The physiology of the nails, which are supposed to be a production of the scarf-skin, is not well understood. Writers have not given a satisfactory explanation of their origin or growth.

“With respect to the hair, its growth bears a striking analogy to vegetables, inasmuch as it rises from a bulbous root, imbedded in the skin, into which a gelatinous fluid is secreted.”

## HINTS TO PARENTS.

Accustom your children to out door exercise and employment. Teach them to walk erect, the shoulders thrown well back, and the chest well expanded. See that your children have comfortable seats in the school house. They should be made to fit the back and support the body. The seat should not be so high but the feet can rest comfortably on the floor. If you have a precocious child, fond of study, but whose health is poor, do not urge the child to attend school. Give such a child physical health, and the education will take care of itself.

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## HINTS TO SCHOOL TEACHERS.

Never strike your pupils on the head—you may injure the brain for life. Ventilate your room, for fresh air is essential to the physical health as well as mental energy of your pupils. Small children, in school, become very weary, after sitting a little time, on hard benches, and incline to sleep. You ought to permit this, making them as comfortable as possible. They should be allowed to change positions very frequently. Narrow chests and mal-formation of bones, ending in serious diseases, tending to shorten life, often have their origin in the school room. Some children commit lessons with great difficulty; some with the greatest ease. Regulate your demands accordingly. Brain affections sometimes result from undue mental exertion, and this nearly as often with children as adults.

## AIR AND ITS RELATION TO HEALTH.

Every one knows that we cannot live unless we can breathe the air. Yet every one does not seem to know that the *lungs* are not the only organs that suffer from breathing bad or impure air. RAY, in his "Mental Hygiene," puts this error in its true light :

"The physiologist knows, however, that, much as these organs unquestionably suffer from bad air, the *brain*, on the whole, suffers more. If the blood which is sent from the lungs to the rest of the system is imperfectly oxygenated, no organ feels it more than the brain. It needs no argument better than one's own sensations, to prove that in the open air, where we may inhale the breezes of heaven without let or hindrance, we experience, in the highest degree, its refreshing and invigorating influence. So susceptible is the brain of aerial changes that can only be manifested to it through the blood, that, were we deprived of every sense, we should have no difficulty in distinguishing between the air of a room and the air of the open sky.

"Besides the merely pleasurable sensation derived from pure air, there is also a positive influence exerted by it on the mental movements. The thoughts succeed one another more rapidly, the conceptions are clearer, the mental activity can be longer maintained, and a certain feeling of buoyancy, if not exhilaration, pervades the whole mental condition. In a school, or hospital, or any other considerable assembly of people, the purity of the air may be pretty accurately measured by the amount of cheerfulness, activity, and lively interest which pervades it. And yet so little do people think or care about this subject, that, under existing arrangements, there are

very few who do not, every day of their lives, inspire more or less highly vitiated air. In the school-room, where many a youth spends a large portion of his early life, the same air is generally breathed over and over again; and the only attempt which modern ingenuity has devised, or modern thrift has allowed, for remedying the evil, consists in some trumpery contrivance whose operation depends on the state of the external atmosphere. In churches, in lecture-rooms, in court-rooms, and ball-rooms, where people are wont to congregate, we have the same evil, and perhaps the same abortive attempt to relieve it. In thousands of shops and counting-rooms the air is vitiated, for several months in the year, by coming in contact with red-hot iron, and often, by carbonic acid gas escaping from a leaky apparatus."

As to the lungs and their functions, in connection with the subject of air, Dr. BELLOWS, in his *Philosophy of Eating*, holds the following suggestive language :

"The lungs occupy an air-tight chest which includes the heart, having no external opening, except through the trachea or windpipe. The lungs occupy a much larger space than is generally supposed, extending from a point almost on a level with the top of the shoulder to the edge of the lowest ribs, the main body of them occupying the back of the chest, and their edges lying over the heart in front. Their office is to change and purify the blood by burning up the waste particles which are constantly being removed from the system, and out of these waste materials furnishing the necessary animal heat, and to supply the new particles of nutriment with oxygen, which is necessary to convert them into pure blood. To accomplish these complicated functions a very delicate organization is required. The air and the blood, which are of

very different density and temperature, must meet in cells so fine as that the liquid blood shall come in contact with the gaseous oxygen, and in these gossamer cells is carried on a process so important that if for a single moment it should stop, as in fainting, strangulation, or drowning, all vital forces cease, and, unless immediately renewed, life is hopelessly extinct. And to the physiologist the wonder is perpetual that such a process can be carried on by machinery so exquisitely delicate, hour after hour, and day after day, sleeping and waking, for threescore years, without stopping a single moment for repairs. And the wonder is increased when we consider the abuses to which this delicate structure is submitted."

These facts point to the importance of healthy diet, exercise, and pure air; and, also, that the lungs should be perfectly free to act and fill with air,—which necessity forbids all tight lacing or compression of any part of the chest.

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## HINTS TO YOUNG MEN.

Young men, (lads even,) sometimes injure their health by a very objectionable and unnatural practice, which finally results in involuntary emissions, and a breaking down of the health and spirits. Total abandonment of the habit is absolutely essential in this case. The remedies are Au. Met., and Phos., each once a day. Keep out of the hands of advertising doctors. If the case proves a bad one, consult a physician you can have confidence in. Remember, in this, as in every violation of the laws of health, penalty is sure to follow transgression.

COMPARATIVE VALUE OF DIFFERENT  
MEDICINES.

## DIALOGUE BETWEEN READER AND AUTHOR.

*Reader.* Pray tell us, Mr. Author, which of all the remedies you recommend in this book, you think the most valuable?

*Author.* Aconite, and for the reason it may be employed in more cases of sickness, to advantage, than any other.

*R.* Why so?

*A.* Because in most diseases, if not all, there is some inflammatory condition, or conditions, which, unless changed, will result in inflammation, and Aconite is found, by experience, to be an efficient remedy in all such cases.

*R.* Should inflammation be guarded against?

*A.* Yes, because inflammation leads to suppuration, or death of the inflamed parts, and when this is extensive with any vital organ, the case is full of peril.

*R.* Next to Aconite, what remedy do you most highly prize?

*A.* Belladonna I place next, because of its beneficent action on the head and throat. In treating children, especially, Belladonna is adapted to many cases peculiar to them, and in scarlet fever, is indispensable.

*R.* What is your third remedy in importance?

*A.* Nux Vomica, because in all tendencies to palsy, and various affections of the brain, it meets conditions which no other known remedy can.

*R.* And what is your fourth remedy in importance?

*A.* Arsenicum Alba, which, though a poison, is, in the form in which Homœopaths give it, of great value in all wasting and protracted diseases. In almost all cases of debility, and cancerous taints, it is of great value.

*R.* Please name the fifth.

*A.* *Apis Mellifica*. Singular as it may seem, the poison of the honey bee, as used by Homœopaths, is of great service in nearly every form of dropsy, and many heart affections.

*R.* And what is the sixth?

*A.* *Rhus Toxicodendron*, because it is a good fever remedy,—some think almost equal to *Aconite*,—and because it seems to act in a very efficient and salutary manner in affections of the skin, as in erysipelas.

*R.* The seventh?

*A.* *Mercurius Vivus*, because it acts on the liver and bowels, and is useful in arresting wasting diseases.

*R.* The eighth?

*A.* *Phosphorus*, because it acts on the lungs, and in coughs, from whatever cause, can hardly be used amiss.

*R.* The ninth?

*A.* *Spongia*, because of its great value in croup, and in most diseases of the windpipe and lungs.

*R.* You have been very kind, and I will only ask you to name the tenth?

*A.* *Bryonia Alba*, because of its usefulness in fevers, colds, and rheumatism.

*R.* Your ten remedies seem to be adapted to a good many diseases, but I see you name some thirty more in your book.

*A.* Yes, and the thirty, with the ten you have inquired about, will be as many as any family, or one who is not a physician, can use to advantage. Indeed, the author believes that the best physicians confine themselves, in ordinary cases, as a rule, to a few remedies, the value of which they know, and which they have reason to think they can depend upon, and use with the best effect.

## HOW TO USE THIS BOOK.

1. Have it handy, so that when you sit down for a little rest, you can take it up readily, and look over its pages. Perhaps your eye may rest on some remark which will be of great importance, at some other time.

2. Give the book one or two thorough readings in the outset, and try and possess yourselves of the author's ideas of treating the sick. We have taken a long time to make the book small, so that it may be soon read. We could have made the book larger in a much shorter time.

3. Study the table of medicines well. Become as well acquainted with the names of the medicines there described, as you are with those of your relatives or children. How easy, too, if you will take a little pains, to learn the *uses* of such invaluable remedies, as *Ac.*, *Bell.*, *Nux. V.*, and *Apis. Mel.* Once know the *uses* of these and other remedies, and you need not always refer to the book. You can even tell your neighbors what to do, in emergency, when you have not the book at hand.

4. Whenever the season comes round for certain diseases to prevail, see what your book says about them. In the spring, for instance, we have more lung fevers, than at other seasons of the year. In the autumn, bilious and typhoid fevers prevail more than at other times.

5. When there is any sickness in your neighborhood, or any epidemic is prevailing around you, see what your book says of the diseases which afflict your neighbors. Your turn may soon come, and for this you should be prepared.

6. Recollect, in describing symptoms of disease, we give only the prominent ones; and that some may be absent, or not observed in some cases, while in others,



some may be present, which we have not noticed. No two cases of the same disease are always, if often, exactly alike.

7. You should not get discouraged, because medicines do not seem to act as you wish. Look the book over, and study what is said in it of the case you have in hand, consult the table, and possibly you may make a better selection of a remedy, by this re-examination of the matter. Experienced doctors often do this. In your inexperience, there is certainly, good reason why you should, if need require, do the same. But do not change your course, without good reason. For instance, there ought to be a very urgent and obvious reason, in case of a violent fever, to drop Aconite, for Bryonia, Rhus. T., or any other fever remedy. So in case of bleeding or flowing, there will be few cases in which any remedy can take the place of Ham. V.

8. Let your children learn from this book the uses of some of the main remedies it recommends. It is well for a child to know, that Bell. is good for headache, that Col. is good for bellyache, and that Cham. is good for "colic, crying, and fretfulness with babes and young children." If the remedy is well selected, it will be just as effectual from the hands of a child, as from Hahnemann himself.

9. Do not expect too much from the book, even if well studied. Recollect it is a very small and brief affair, and that huge volumes have been written on the subjects upon which it treats. Remember there are cases, in which you will need medical advice. One merit of this book is to suggest to you this fact. A physician of learning, experience, and honesty, is the most useful of men, and the too often unappreciated benefactor of our race.

10. In using this book, consult it with confidence, as you would a friend. But do not think it less your friend because it may tell you of some habit which you may correct with advantage to yourself. Were all the laws of health obeyed, few and rare would be the cases of sickness among human beings. But while they unwisely "sow to the wind," they must expect "to reap the whirlwind."

11. The book is designed, in part, to introduce Homœopathy to the knowledge of the people, and for this purpose it contains several articles to which it may be proper to call the especial attention of your friends and neighbors, such as the one entitled "Advantages of Homœopathy," and the "Catechism" on the same subject. A system of medicine that does no harm, but much good; which "does not sow the seeds of future disease," nor "counteract the living principle;" which uses medicines that the child will readily take, and which can be intelligently used by the family and traveller, and which supersedes other less effective, as well as dangerous systems, is certainly worthy of the attention of an intelligent public.

12. Recollect one great object of this book is to prevent sickness, by giving rules to guard against disease, and by insisting on the importance of its early treatment, on the principle that

*"An ounce of prevention is worth a pound of cure."*

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